

Explore the range  
of possibilities

Treatment  
Intervention  
Prevention

Kentucky School

2008

Of Alcohol and Other Drug Studies

July 20<sup>th</sup>-25<sup>th</sup>

Northern Kentucky University

# Travel Directions

## NKU Highland Heights Campus

### **Traveling from Downtown Cincinnati, Ohio**

- From US 50, take I-471 South into Kentucky
- Follow I-471 to US 27 towards Alexandria (do not take the Ft. Thomas/US 27 exit)
- I-471 ends at US 27 - continue straight on US 27 South
- Continue straight through the first light and turn right at the next traffic light onto Nunn Drive

### **Traveling East on I-275 from Greater Cincinnati/Northern Kentucky Airport**

- Take Exit 76 (Three Mile Road/Northern Kentucky University)
- Turn right off of the exit on University Drive
- Turn right at the first traffic light onto Kenton Drive

### **Traveling West on I-275**

- Take Exit 74A (US Highway 27 - Alexandria)
- Continue straight on US 27
- Continue straight through the first light and turn right at the next traffic light on Nunn Drive

### **Traveling from Louisville, Kentucky**

- Take I-71 North
- Merge I-71/75 North
- Exit on I-275 East
- Follow directions for traveling East on I-275

### **Traveling from Lexington, Kentucky**

- Take I-75 North
- Continue on I-71/75 North
- Exit onto I-275 East
- Follow directions for traveling East on I-275

### **Traveling from Columbus, Ohio**

- Take I-71 South to downtown Cincinnati, and exit onto I-471 South towards Kentucky
- Take I-471 South over the gold bridge into Kentucky
- Follow directions for traveling from Downtown Cincinnati on I-471

### **Traveling from Dayton, Ohio**

- Take I-75 South
- In Cincinnati, follow US 50 East to I-471
- Follow directions for traveling from Downtown Cincinnati

### **Traveling from Indianapolis, Indiana**

- Take I-74 East to I-75 South
- Take Exit 1B and follow US 50 East to I-471
- Follow directions for traveling from Downtown Cincinnati on I-471

# 2008 Kentucky School of Alcohol and Other Drug Studies

## **Conference Coordinator**

**Justina Keathley**

Training Administrator for The Division of Mental Health and Substance Abuse

## **Sponsored by**

Cabinet for Health and Family Services  
Department for Mental Health & Mental Retardation Services  
Division of Mental Health & Substance Abuse  
Prevention Research Institute

## **Host**

Northern Kentucky University

## **Co-Sponsorships**

Transitions, Inc.  
Rivendell Behavioral Health Services  
Stepworks Addiction Resources  
Pennyroyal Center  
Kentucky Association of Addiction Professionals (KAAP)

## **Contributors**

Ridge Behavioral Health  
Lincoln Trail Behavioral Health System  
Pine Grove Behavioral Health  
Baptist Hospital East  
Behavioral Medicine Network

## **Exhibitors**

Kentucky Coalition for Women's Substance Abuse Services  
The SIGNALS Program of The Kentucky United Methodist Homes for Children & Youth  
Kentucky Certification Board for Prevention Professionals (KCBPP)  
Health Care Connection of Tampa  
Kentucky Council on Problem Gambling( KYCPG)  
Hillcrest Hall - Pathways, Inc.  
Our Lady of Peace  
People Advocating Recovery  
NorthKey Community Care  
Bluegrass Challenge Academy  
Volunteers of America of Kentucky, Inc.  
Tenbroeck Hospital  
Bradford Health Services  
Kentucky Prevention Network  
The Healing Place

*The Cabinet for Health & Family Services, Department for Mental Health & Mental Retardation Services does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities an equal opportunity to participate in all programs and activities.*

# 2008 KSAODS General Information

**ATTENDANCE** - In order to facilitate the registration process and to insure admittance, preregistration is recommended due to early closure and to ensure the workshop(s) of your choice. Applications will be accepted by mail only. Participants are assigned to workshops on a first come, first serve basis. Conference confirmation will be sent upon receipt of application.

**REGISTRATION** - Begins on Sunday, July 20, 3:00 - 6:30 p.m., University Center Building, on the 2nd floor. All participants, including those preregistered, will need to check in at the registration desk (University Center Building, on the 2nd floor) for name badge and conference materials. Daily registration will be 8:00 - 9:30 a.m. Monday through Thursday, University Center, on the 2nd floor.

**REGISTRATION FEES** - **\$375.00 All Week** (\$400.00 after July 7th); **\$75.00 Daily** (\$90.00 after July 7th); **\$18.00 Tuesday Night Banquet** - July 22; **Credit cards are not accepted.**

**CANCELLATION POLICY** - No refunds will be made. Substitution of participant is recommended in lieu of cancellation.

**WORKSHOP DESCRIPTIONS** - pages 18-42

**CERTIFICATE REQUIREMENTS** - Participants will receive various credit/certification hours based upon attendance at plenary sessions (1 hour credit), workshop(s) (5 hours credit for Monday through Thursday and 3 hours credit for Friday) or evening sessions (1-2 hour(s) credit). Credit/certification will be awarded based upon completion of entire session(s)/workshop(s). **No partial credit/certification will be given.** An attendance system will be implemented to record the number of qualified educational hours for each participant. Participants may earn up to 33 hours. Certificates of Attendance will be mailed after the school for certification or recertifications. **NOTE: ALL KSAODS FEES MUST BE PAID IN FULL BEFORE CERTIFICATES WILL BE MAILED.**

**COPIES OF CERTIFICATES** - a \$5.00 fee will be assessed to all participants requesting duplicate certificates. Please mail your checks payable to ECU.

**CREDIT** - Applications have been made for various certification, continuing education, nursing contact hours and other professional credit hours to the following

organizations: Kentucky, Ohio, Substance Abuse and Professional Counselor Certification; Ohio Counselor & Social Worker Board; Kentucky Board of Psychology; Kentucky Board of Nursing, etc.

**HOUSING** - **We are not offering campus housing.** Please check local hotels/motels for lodging accommodations. For those interested you can contact the Radisson Hotel Cincinnati Riverfront and get the conference rate. You must ask for **The Kentucky School Rate**. Call 1-800-333-3333 or 1-859-491-1200 or you may visit the website at [www.radisson.com](http://www.radisson.com).

**SCHOLARSHIPS** - Limited scholarships are available for Kentucky residents only. Applications are due June 20, 2008. Scholarship covers registration fee only. Registration Form (pages 57-58 /Scholarship Form (page 49). Both forms must be submitted for consideration of scholarship.

**ROBERT STRAUS AWARD NOMINEE FORM** page 47-48.

**PARKING** - **No parking is allowed in reserved, handicapped, or faculty lots.** Participants will be responsible for any tickets received. The parking garage is available for \$5.00.

**MEALS** - University Center Cafeteria will be open from 7:30 a.m. - 2:00 p.m. Monday through Friday.

**SMOKING POLICY** - The Environmental Protection Agency has classified passive tobacco smoke as a Class A carcinogen. This identifies secondhand smoke as a cancer-causing agent. **Smoking is not permitted in the University Center or in any of the classroom buildings.**

**CLOTHING & RECREATION ACTIVITIES** - Bring cool, casual clothing and comfortable shoes. You may wish to bring a sweater/jacket as classrooms are air conditioned. The Wellness Center is available for use at \$5.00 per day.

**FOR FURTHER INFORMATION PLEASE  
CONTACT:  
Avonell Hamblin  
Cassie Green**

**Division of Mental Health & Substance Abuse  
Eastern Kentucky University  
(859) 622-4968  
[Avonell.Hamblin@eku.edu](mailto:Avonell.Hamblin@eku.edu)**

# Meetings/Activities of Note for 2008

## 4th Annual Michael E. Townsend Leadership Academy

*Please see pages 13-15 for more information*

## People Advocating Recovery Meeting

**Monday July 21, 2008 - 6:00 p.m.**

**Location To Be Announced**

## Awards Banquet

**Tuesday July 22, 2008 - 6:30 p.m.**

**Radisson Ballroom**

## 4th Annual Wednesday Night Barbecue

**Wednesday 5:00 p.m.**

## University Center Cafeteria

*Come and join us for a complementary barbecue meal and then sit back and enjoy the talent show.*

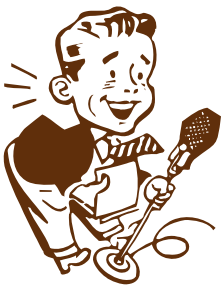
## 4th Annual Talent Show

**Wednesday 6:00 p.m.**

## UC Theater

**Wanted:** talented counselors, administrators, nurses, clergy, law enforcement, educators, psychologist, etc. to perform at the 35th annual Kentucky School.

See Page 7 for more details.



**All Talent is Welcome!!!!.**



# Meetings this Week

## CADC Board to Host Luncheon at 2008 KSAODS

***Wednesday, July 23rd***  
***12:15 p.m.***  
**Norse Commons Cafeteria**

All CADC's and any other interested individuals are invited to attend the annual recognition meeting of the Kentucky CADC Board to be held during the 2008 Kentucky School. A buffet luncheon is scheduled to begin at 12:15 p.m. with a special guest speaker. There will be a question/answer and discussion period following the meal.

Tickets will be \$13.00 per person and will be available at the KSAODS registration area in the NKU University Center or you may reserve a seat now by calling Board Administrator Karen Lockett at (502) 564-3296, ext. 222.

## Kentucky Association of Addiction Professionals Annual Meeting

(KAAP-State Affiliate of NAADAC)  
Thursday, July 24th, 2008  
12:15 p.m. Bring Your Own Lunch  
UC Theater

## Kentucky Adolescent Substance Abuse Consortium Annual Meeting

***Thursday, July 24th 2008***  
***6:00 - 8:00 p.m.***  
**UC Theater**  
**presents**  
**Michael Torch**

### **The Adoption Process for Evidence-Based Practices for Adolescent Programs**

This will be a presentation that incorporates active discussion with consortium members regarding their experiences with EBP adoption and the difficulties encountered.

Michael Torch, MA, LADC, LCS, is an addiction treatment provider with over 30 years of experience. He is a Senior Technology Transfer Specialist with Brown University/New England Addiction Technology Transfer Center in its efforts to disseminate Evidence-Based Practices. Was recognized by the New Hampshire Alcohol and Drug Abuse Counselor's Associations in 2002 with its "Life Time Achievement Award". Currently working in Student Assistance, Outpatient Practice, and Behavioral Health consultation, Michael has been a trainer of alcohol and drug counselors for over 20 years and currently serves on the faculty of Brown University/New England School of Addiction Studies. He has extensive experience treating chemically dependent adolescents and trauma victims. His professional experience includes practice in public schools, correctional environments, treating law enforcement personnel, inpatient chemical dependency programs, outpatient practice and is a consultant to a First Nation Healing Program. He currently serves as a member of the US Probation Service's New England Critical Incident Stress Management Team. Is a certified Trainer with the International Critical Incident Stress Foundation, Inc.



# Wanted!!!!



Talent to perform at the

**4th Annual**

**Kentucky School**

**Talent Show**

Wednesday at 6:00 p.m.

UC Theater



Please join us for a night of fun and entertainment.

Performances should not exceed 5 minutes. Please sign up at the registration area at KY School if you would like to participate.



**All Talent is welcome!!!!**

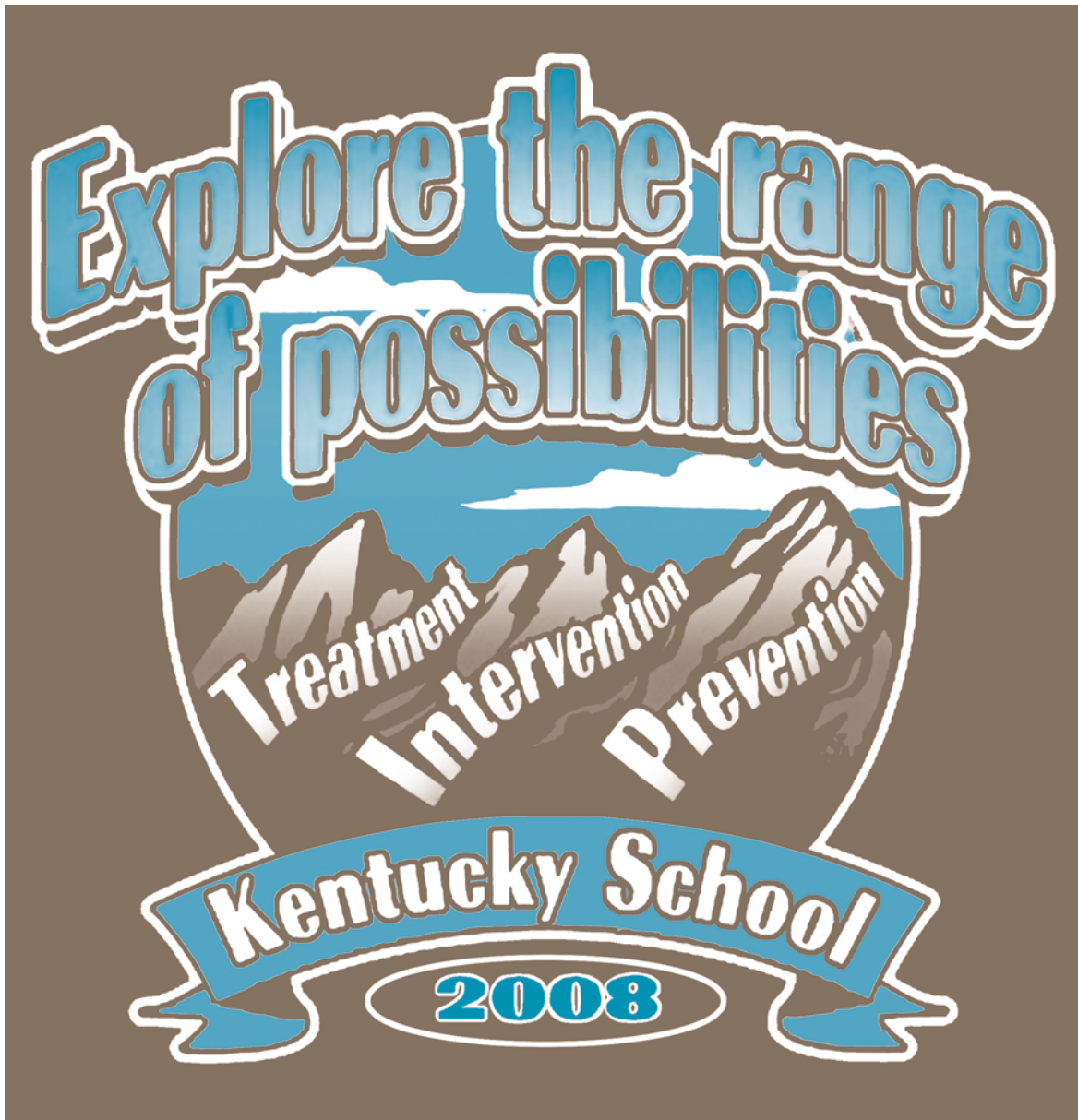


# Week At A Glance

Time	July 20 Sunday	July 21 Monday	July 22 Tuesday	July 23 Wednesday	July 24 Thursday	July 25 Friday
7:00 a.m.		THE 12 - STEP MEETINGS WILL BE HELD EACH DAY AT 7:00 A.M. AND 9:00 P.M. IN THE UNIVERSITY CENTER LOWER LEVEL FOOD COURT AREA				
8:45 a.m. to 10:00 a.m.		Plenary  “Theology and Addiction: How do Religious/Spiritual traditions View Addictive Disease?” <i>Robert Walker</i>	Plenary  “Building and Sustaining an Advocacy Organization” <i>Mike Barry</i>	Plenary  “Anorexia, Bulimia and the Skinny on Fat” <i>J. Randle Adair, D.O., Ph.D.</i>	Plenary  “The Adoption Process for Evidence-Based Practices” <i>Michael Torch</i>	Plenary  7:30 - 9:00 a.m.  “Brief History of Tobacco and the Media: A Multimedia Presentation” <i>Douglas Tipperman</i>
		10:00 - 10:30 AM BREAK UNIVERSITY CENTER CAFETERIA				
		10:30 - 12:15 WORKSHOPS	10:30 - 12:15 WORKSHOPS	10:30 - 12:15 WORKSHOPS	10:30 - 12:15 WORKSHOPS	9:15 a.m. - 12:15 p.m. WORKSHOPS
		12:15 PM - 1:30 PM LUNCH BREAK				
1:30 p.m. to 5:00 p.m.		1:30-5:00 p.m. WORKSHOPS	1:30-5:00 p.m. WORKSHOPS	1:30-5:00 p.m. WORKSHOPS	1:30-5:00 p.m. WORKSHOPS	
	3:00 p.m. Registration UC Lobby	3:15 - 3:30 BREAK Concourse Area In Each Workshop Building				
		5:00 p.m. COURSES END				
	7:00 p.m. OPENING SESSION “From Prisoner to Professor” <i>Andre Norman</i>		6:30 p.m. KY School Awards Banquet “Burns Brady” <i>Speaker</i>	5:00 p.m. Barbecue <i>University Center Cafeteria</i>  6:00 p.m. Talent Show <i>UC Theater</i>  7:30-8:30 p.m. NA-Speaker <i>UC Lower Level Food Court Level</i>  8:30 p.m. Reception <i>UC Lower Level</i>	6:00-8:00 p.m. KY Adolescent Substance Abuse Consortium “The Adoption Process for Evidence-Based Practices for Adolescent Programs” <i>Michael Torch UC Theater</i>  7:30-8:30 p.m. AA-Alanon Speaker <i>UC Lower Level</i>  8:30 p.m. Reception <i>UC Lower Level</i>	
9:00 p.m.		12 - STEP MEETINGS UNIVERSITY CENTER LOWER LEVEL FOOD COURT				



# Plenary Sessions



# Plenary Sessions

*Participants may earn up to 7 additional hours toward certification/recertification. An attendance system has been designed to award 1 to 1.5 hours of credit for each session attended by participants.*

## Sunday 7:00 p.m. - Opening Session

(1.5 Hours Credit)

### "From Prisoner to Professor"

*Andre Norman*



*Raised in inner-city Boston by a single mother with six kids and an abusive, dead-beat dad, Andre ended up on an all-too-familiar path of illiteracy, gangs, truancy, criminal activity, then prison. Before most kids his age entered high school, Andre was serving sentences for armed robbery and assault charges in state and federal prisons. While in prison, he picked up two additional charges of attempted murder. As he sat in isolation, Andre had a moment of clarity. After this experience and exposure to a positive mentor, he decided he could do better and created a plan for his life. Today, he teaches at the college level, travels our nation working with at-risk youth, and inspires us to reach our full potential. In his program, From Prisoner to Professor, Andre talks about the difficulties of turning your life around when the odds are stacked against you. He will teach participants how to find themselves, establish themselves as credible people, dream big and never give up!*

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## Monday 8:45 a.m. - Keynote

(1 Hour Credit)

### Theology and Addiction: How do Religious/Spiritual traditions View Addictive Disease?

*Robert Walker*



*Addictive disease has often been seen as a physiological, social, psychological and spiritual disorder. The spiritual dimension of recovery has also been highlighted and is at the core of twelve step approaches. However, we need to take a closer look at the ways in which the major world religions or spiritual traditions approach human problems like addiction. This plenary session will explore how major traditions understand addiction and substance abuse. In addition, the session will include discussion of religious or spiritual approaches in the context of neuroscience findings about addiction. Participants will have a broadened view of religious/spiritual traditions and addiction. Participants will have: 1) a broader view of what is meant by religious or spiritual approach to addiction; 2) an understanding that there are different spiritual viewpoints of addiction among the different religious traditions; and 3) an increased skill in relating to clients from other religious traditions.*

# Plenary Sessions

Participants may earn up to 7 additional hours toward certification/recertification. An attendance system has been designed to award 1 to 1.5 hours of credit for each session attended by participants.

## Tuesday 8:45 a.m. - Keynote

(1 Hour Credit)



### Building and Sustaining an Advocacy Organization

Mike Barry

*Mike Barry, President of PAR-People Advocating Recovery, a statewide Kentucky Recovery Advocacy Organization, explains the growth of the organization from a handful of members 5 years ago to a force today of over 1000 members and 6 chapters across the state. PAR established its first board, became a 501c3 and most important it became an effective voice for people in long term recovery across the state of Kentucky. The organization has already been successful in having one law pass through the state legislature and is currently working on a second. PAR has established itself as the "expert" in the state, fields questions from legislators, the media, and other organizations on recovery issues. Mike explains the methods and dynamics PAR used to move a small group of volunteers into a voice for people in recovery, their families and friends, how the organization sustains its advocates while still maintaining a grassroots attitude full of passion.*

## Tuesday – Awards Banquet 6:30 p.m. - Keynote

(1 Hour Credit)



### Burns Brady

Speaker

Burns Brady is a 1964 graduate of the University of Louisville Medical School and completed his internship and residency training at St. Joseph's Infirmary in Louisville. Dr. Brady is an addiction consultant for a 250-bed men and women's homeless shelter, The Healing Place, which has been recognized as one of the top five in the United States. Dr. Brady is the Medical Director of the Kentucky Physicians Health Foundation-Impaired Physicians Program; clinical instructor on alcoholism for the University of Louisville School of Medicine; and has served as a consultant to the American Bar Association, Kentucky Dental Association and Kentucky Nurses Association on issues of professional impairment.

## Wednesday 8:45 a.m. - Keynote

(1 Hour Credit)



### Anorexia, Bulimia and the Skinny on Fat

J. Randle Adair

*During this plenary session the presenter will discuss physiology and mechanisms of eating disorders as well as withdrawal states associated with eating disorders. Genetics and pre-existing syndromes associated with eating disorders will be discussed. Dr. Adair will share information on the incidence of obesity and the prediction of morbidity and mortality as well as offer some counseling and treatment strategies based on level of practice or professional discipline. He will make the distinction between disorders and make appropriate recommendations for modality-of-care. Dr. Adair will also offer some recommendations for appropriate support structures.*

# Plenary Sessions

*Participants may earn up to 7 additional hours toward certification/recertification. An attendance system has been designed to award 1 to 1.5 hours of credit for each session attended by participants.*

## Thursday 8:45 a.m. - Keynote

(1 Hour Credit)

### The Adoption Process for Evidence - Based Practices

*Michael Torch*



*A model of clinical program adoption of evidence-based practices that addresses practice fidelity and adaptation in the implementation process. This presentation of the Technology Transfer model developed by the ATTC-NE in its Science to Service Laboratory over the past 4 years will describe the technology transfer process and its three tier methodology for the program adoption. Technology transfer involves: transmission of information to achieve application, creating a mechanism by which a desired change is accepted, incorporated and reinforced at all levels of an organization or system.*

## Friday - 7:30 a.m. - Closing Session

(1.5 Hours Credit)

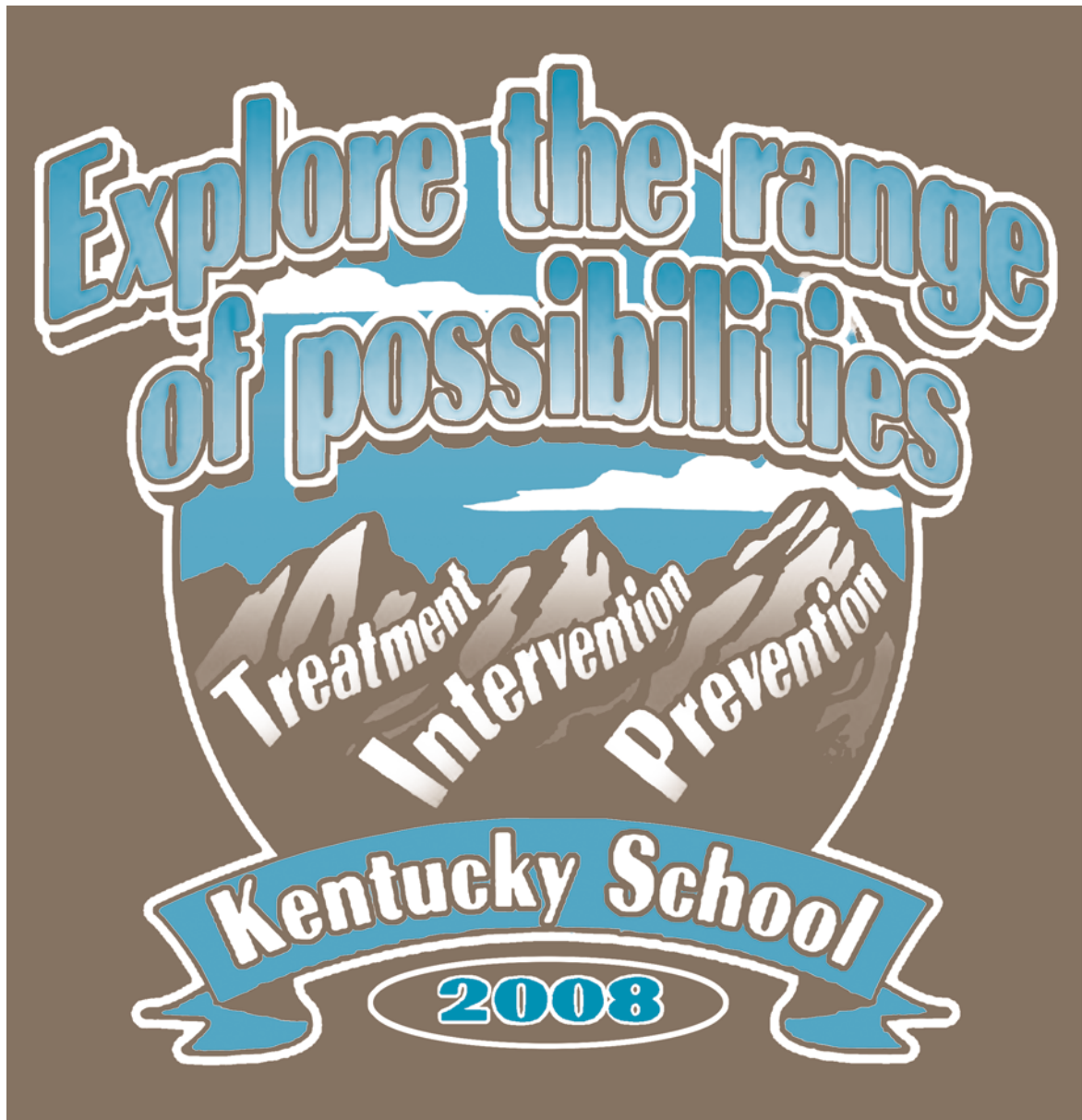
### Brief History of Tobacco and the Media: A Multimedia Presentation

*Douglas Tipperman*



*This presentation provides an historical illustration of how the tobacco industry has promoted its products and how the health community has worked to reduce tobacco use. Using video clips from 1897 to the present, a revealing story is told about the use of media by both the tobacco industry and public health advocates.*

# The Fourth Annual Michael E. Townsend Leadership Academy





# The Fourth Annual Michael E. Townsend Leadership Academy

The Kentucky School of Alcohol and Other Drug Studies is offering a professional development opportunity in the Michael E. Townsend Leadership Academy. The purpose of this initiative is to develop leadership talent and skills for the future of Kentucky substance abuse prevention and treatment. The class will be limited to 40 participants each year with half being emerging leaders and the other half consisting of highly respected, well-established leaders in their disciplines who will serve as mentors. Candidates for the Academy will complete the application to attend the Academy.

The Academy will consist of a three day intensive workshop held during the KY School and follow-up sessions throughout the year. The follow-up sessions will be held electronically and will not require travel on the part of participants. Participants are expected to actively participate in the Academy throughout the year. Group discussions and projects will focus on the “at work” application of leadership, experiences and lessons learned. Topics covered will include: embracing change, identifying the work culture, and nurturing high performance in the workplace.

The Leadership Academy sessions will be facilitated by Jan Arnow, Executive Director of the Institute to Prevent Youth Violence. Ms. Arnow has extensive experience in leadership development, cross-cultural communication, multi-cultural education and violence abatement. She has lectured at the Smithsonian Institution in Washington, D.C., and the American Academies of Psychoanalysis and Child & Adolescent Psychiatry. She has also addressed the General Assembly of the United Nations on issues of children and violence.

Goals for the Academy include the following:

- Appropriate learning pace sustained over a period of time
- Relevant leadership subjects for on-the-job use
- Active participation and behavior-based learning
- Senior leadership ownership of providing credibility, collegiality and content validity

The Michael E. Townsend Leadership Academy will provide an excellent opportunity for future leaders to interface with those professionals who have demonstrated a true passion and dedication to the substance abuse arena. We are thrilled to be able to offer this exciting opportunity at the Kentucky School and look forward to many years of developing our future leaders.

# Michael E. Townsend Leadership Academy

Application Form - Application Deadline June 20, 2008

## ***35th Kentucky School of Alcohol and Other Drug Studies***

This form must be filled out if applying to participate in the Michael E. Townsend Leadership Academy. The Academy will consist of a three day intensive workshop held during the KY School and follow-up sessions throughout the year. The two follow-up sessions will be held in the fall and spring - dates to be determined. Participants are expected to actively participate in the Academy throughout the year. The first three sessions will meet on July 21st, 22nd, & 23rd, 2008.

**Participants will be expected to participate in all sessions.** Fee for the total five sessions is \$375.00. If accepted to the Academy and you wish to attend a Thursday/Friday class at Kentucky School please fill out the Kentucky School registration form on page 57. **Please note additional fees will apply for Thursday/Friday classes.**

**Scholarships for registration only are available for RNs provided by the Kentucky Peer Assistance Program for Nurses (KPAPN).**

Name

Title

Agency

Address

Phone

Fax

E-mail

1. Why would you like to participate in the Academy?

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2. What do you feel that you have to offer to the future of substance abuse prevention and treatment?

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3. What is your relevant experience and background?

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\* Participants will be expected to pay for their lodging and expenses while attending the leadership academy.

**Please mail application by June 20th, 2008 to:**

**KSAODS**

**Division of Mental Health and Substance Abuse Services**

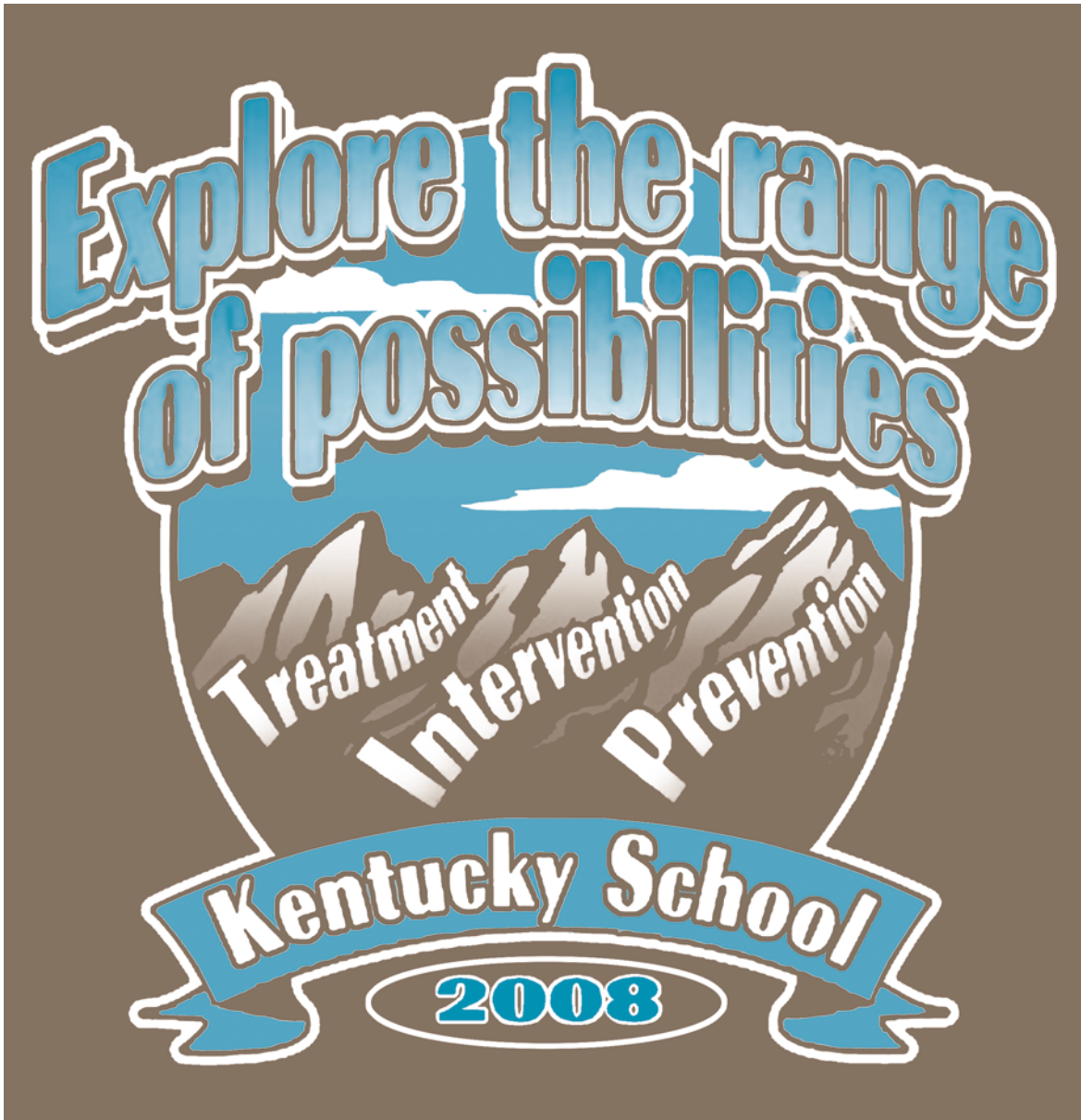
**EKU / Perkins 351B**

**521 Lancaster Ave.**

**Richmond, KY 40475**



# Core Workshops (C)



# Comprehensive Workshop

(Monday, Tuesday, Wednesday, Thursday and Friday)

*23 hour skill-building workshop. Limited space is available.*

***This is a 5 day class.***

## CW-1 Interactive Group Psychotherapy with Substance Abuse Clients

**Jeff Georgi**

P I T

**TARGET AUDIENCE:** All welcome

This intermediate level of course is targeted to clinicians who have some group experience and have had either informal or formal group therapy training. Utilizing an interpersonal approach model, this workshop will not only provide an experiential base for the advancement of group skills, but will also detail techniques and interventions specific to the alcohol and other drug abusing client population. This workshop will also examine interplay of a modified interactive group model expressed within the context of cognitive behavioral group interventions. Emphasizing the intermediate nature of this course, active student participation is important and individual participants are encouraged to bring case histories and/or their own group work for discussion and review. A review of the bio-psycho-social-spiritual definition of addictive disease will give further focus to the workshop and will involve advances both in neurochemistry and psychopharmacology as further supports for group process.

*Participants will:* 1) be able to recognize how the bio-psycho-social-spiritual components of addictive disease can be addressed in a multi-faceted approach when modified interactive group psychotherapy is used in an appropriate way; 2) become familiar with the different levels of group interaction; intrapsychic, interpersonal, structural and group as a whole; 3) identify specific skills that can be utilized across different forms of group psychotherapy settings which both help the therapist identify the process in the group and make interventions within that process; and 4) compare and contrast different modalities of group.

# Comprehensive Workshop

(Monday, Tuesday, Thursday and Friday)

*18 hour skill-building workshop. Limited space is available.*

*This is a 4 day class. Please select a Wednesday workshop .*

## C-1 The Science of Addiction Pharmacy 2008

**Merrill Norton, R.Ph., NCACII, CCS**

P I T

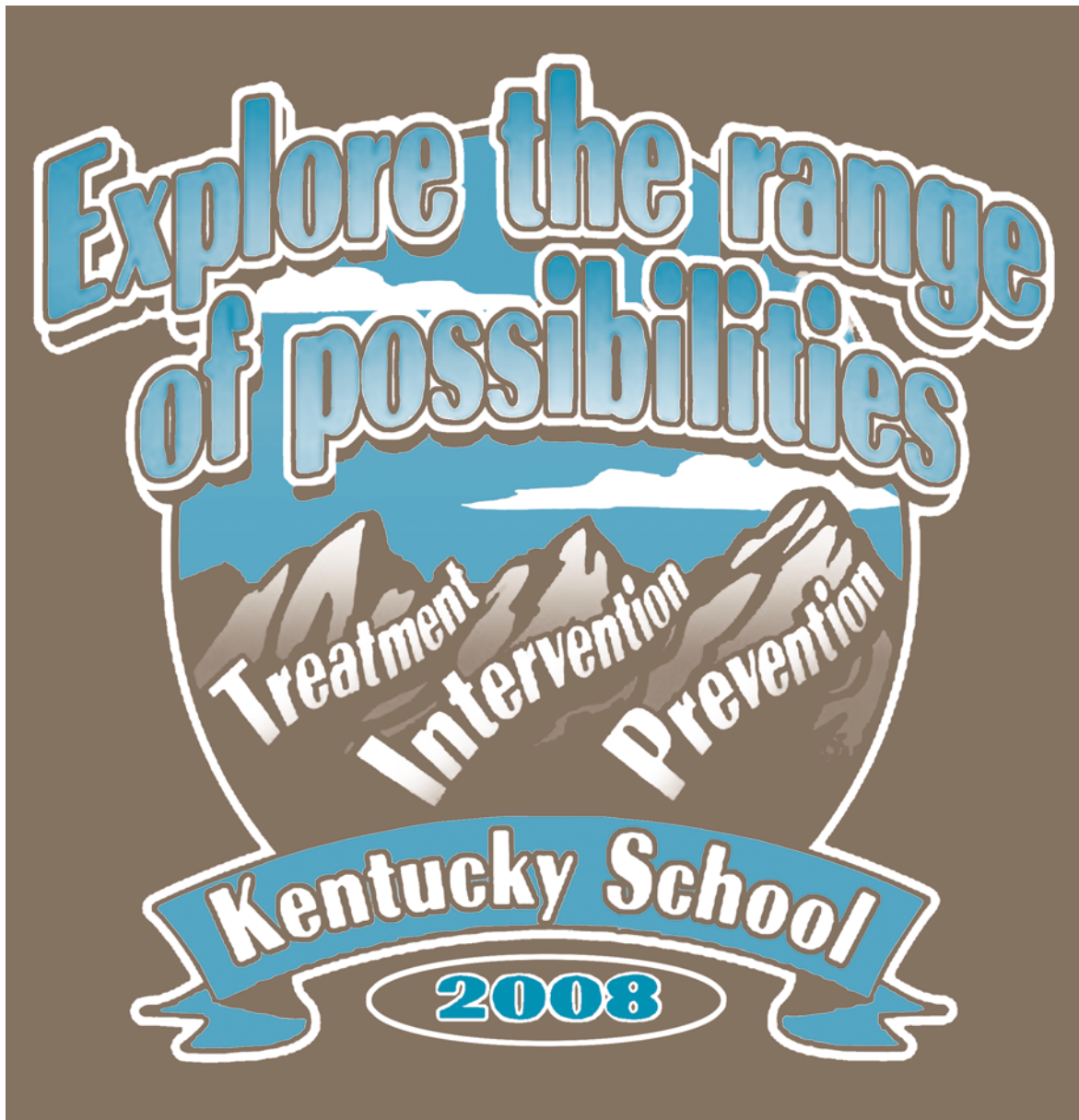
**TARGET AUDIENCE:** Prevention specialists, Educators, LPCs, LCSWs, CACs, psychologists, nurses, physicians, adolescent professionals

Medications have become an integrated component in the treatment of addictive disease, so much so, that there is a new specialty in healthcare-Addiction Pharmacy. Addiction Pharmacy is the “know how” of the use of antidepressants, anti-craving, anti-psychotics, anti-anxiety, anti-manic, ADHD/ADD, and many others in the recovering patient. This workshop’s instructor has been involved with the development of addiction pharmacy for the last 2 decades and will bring to the participants a down to earth explanation of the how and why of these medications. You might also have a little fun too.

*Participants will be able to:* 1) understand the neurobiology and the pharmacology of the current psychotropic medications used in the co-occurring treatment industry; 2) become familiar with the latest use of medication in the chronic pain patient; 3) learn the latest clinical diagnostic criteria for anxiety, mood, and psychotic disorders; and 4) learn the latest use of pharmacotherapies for nicotine, drug, and alcohol dependencies.



# Monday/Tuesday (A) Workshops



# A Workshops

(Monday and Tuesday)

2 day, 10 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## A-1 Human Work: You Gotta Do It!

**Bill Hale**

P I T

**TARGET AUDIENCE:** All providers of service delivery working at all levels in substance abuse treatment and prevention programs, schools and other institutions.

This course is designed as an intense exercise in human awareness. In a world where the pace is fast and the bottom line results are demanded, it is easy to fall prey to seeing others and sometimes ourselves as objects to be manipulated. From deep inside us there is a constant murmur that says "I count for more than that!" Using a series of thought-grams and concepts of personal journaling, this course will refresh our spirits toward encouraging the human side of life and work.

*Participants will:* 1) develop a life map for analysis; 2) write several journals for exchange; 3) identify significant life shaping events; 4) revisit the early scenes in their lives; 5) understand how they can live with integrity; and 6) understand the concept of "horizontal thinking".

## A-2 Alcoholism: The Disease - Call It What It Is

**Dr. Burns Brady**

P I T

**TARGET AUDIENCE:** For everyone who is interested in learning more about the alcohol or drug field.

There are many factors that influence the development, chronicity, and recovery process of substance dependence. The addiction centers of the brain and the chemical reactions that occur will be examined as well as how bio-psycho-social components interact in substance use disorders. Dr. Brady will speak from his vast clinical experience as well as his personal journey. His presentation style is an interactive one. Dr. Brady welcomes questions and comments as they constructively relate to these topics.

*Participants will be able to increase their understanding of:* 1) the biochemical workings of substance use and dependence; 2) psychological, social, and biological aspects of the disease of substance dependence; 3) the role of medication assistance in substance disorder treatment.

## A-3 Clinical Supervision and Evidence-Based Practice

**David Powell**

I T

**TARGET AUDIENCE:** Supervisors, Counselors and Managers

Evidence-based practices are now the norm for treatment. Funding sources expect agencies and supervisors to implement evidence-based practices. Staff needs training in an array of issues, e.g., co-occurring disorders, working in a cost-driven world, and new legal and ethical standards and requirements. Training resources are often limited. Clinical supervision is the cornerstone for staff development and quality assurance.

This course provides a foundation for supervision of personnel. Based on "The Blended Model of Clinical Supervision" published in *Clinical Supervision in Alcohol and Drug Abuse Counseling*, by David Powell, it fulfills the training requirements for certification in clinical supervision of the International Certification and Reciprocity Consortium.

*Participants will be able to:* 1) provide the Powell definition of clinical supervision; 2) differentiate between case management and clinical supervision; 3) discuss the use of Evidence-based practices in clinical supervision; 4) define the four foci of clinical supervision according to the Powell definition; 5) define isomorphism and its relationship to the clinical supervisory process; 6) describe the two legal and ethical issues in clinical supervision; 7) define vicarious liability in supervision; 8) define at least three components of the Powell Blended Model of Supervision; and 9) begin to define their own model of supervision.

Note: For those needing the 12-Hour training to meet the Clinical Services Supervision requirement listed in 908 KAR 1:370 please note that this training **does not meet** that training requirement. Please contact Mindy Hansen at 502-564-9208 Ext. 4562 to check on the next available training date.

P I T

P-Prevention

I-Intervention

T-Treatment

# A Workshops

(Monday and Tuesday)

2 day, 10 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## A-4 Opiate Addiction and Treatment: Myths and Misconceptions

P I T

**Jim Baum**

**TARGETAUDIENCE:** Anyone who is interested in learning more about opiate replacement treatment. Counselors, nurses medical staff.

\* Counselors working with methadone maintenance clients.

This workshop will offer a basic understanding of opiate pharmacology. We will discuss Harm Reduction Treatment as well as Opiate Replacement Therapies. Current issues for Kentucky will be discussed regarding opiate addiction and treatment.

*Participants will: 1) gain a factual understanding of the history of opiates and their influence on culture; 2) learn the latest trends in the field of opiate addiction treatment. What works, what doesn't; 3) discuss the controversies surrounding opiate replacement treatment; and 4) get an update of what drugs are on the streets and the statistical trends to predict their integration in the treatment field.*

## A-5 Addiction Bootcamp

P I T

**Donna Wiesenhahn/Mike  
McMahan/Laura Nagle**

**TARGETAUDIENCE:** All Welcome

As preventionists, we dedicate ourselves to mobilizing our communities around substance abuse issues. However, we often inadvertently contribute to the stigma and bias experienced by people with addiction by 1) not having a clear, solid understanding of addiction, and 2) not addressing our (sometimes hidden) erroneous beliefs about addiction. This workshop will be a user-friendly discussion of addiction, while considering how our own experiences affect the work we do. Participants will receive information about the process of addiction, the role of the family and community in the addiction process, and an opportunity to engage with this issue on a deeper level.

*Participants will have increased: 1) awareness of the process of addiction; 2) awareness of the role of the family and community in the addiction process; and 3) self-awareness of personal attitudes and beliefs toward addiction.*

## A-6 Domestic Violence Victimization and Substance Abuse: Understanding, Assessing, and Treating

I T

**Stephanie Haynes Ratliff / Garnet  
Sexton**

**TARGETAUDIENCE:** All are welcome.

The relationship between domestic violence victimization and substance abuse is significant and complex. Participants attending this workshop will receive an overview of domestic violence which will meet requirements for Kentucky's mandated training in domestic violence (House Bill 309). A brief review of research findings regarding domestic violence and substance abuse will be presented. Participants will be provided with concrete assessment and intervention skills, emphasizing the importance of providing clients with safe, effective, and comprehensive treatment. The need for improving the connections between the two fields at a community level will also be discussed. This interactive workshop highlighting a survivor's perspective on these issues and featuring guest speakers from the Kentucky Domestic Violence Association is essential for any professional in the mental health, substance abuse, or domestic violence field.

*Participants will learn: 1) basic dynamics of domestic violence; 2) the role that the abuse of substances play in relationships where power and control exists; 3) effective and empowering assessment and counseling skills for working with persons affected by substance abuse and domestic violence; 4) useful resources for victims of domestic violence with substance abuse problems; and 5) strategies for developing relationships at the community level between the domestic violence and substance abuse fields.*

P I T

P-Prevention

I-Intervention

T-Treatment

# A Workshops

(Monday and Tuesday)

2 day, 10 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## A-7 Art Interventions for Substance Abuse Clients I T

**Fran Belvin**

**TARGETAUDIENCE:** All are welcome. No art experience necessary.

Art therapy is a modality that uses the nonverbal language of art for personal growth, insight, and transformation. Since our earliest recorded history, art has been used to restore physical, psychological and spiritual well-being. -C. Malchiodi

Art therapy is a strength-based treatment modality often used with substance abuse clients because of its capacity to enhance insight, facilitate individual expression and self-responsibility, and increase communication between group members and between client and therapist. This workshop will combine lecture, slides, and participatory art activities to explore art therapy techniques appropriate for substance abuse clients. Participants will experience first-hand the fun and the power of the creative process.

*Participants will: 1) understand how art therapy works and why it is a beneficial treatment modality for substance abuse populations; 2) become familiar with several art interventions appropriate for substance abuse clients; 3) learn how to integrate art interventions into individual and group counseling sessions; and 4) gain a tool for personal growth and self-exploration.*

## A-8 Adolescent Substance Abuse: Effective Techniques for Engagement, Intervention, and Treatment I T

**Geoff Wilson**

**TARGETAUDIENCE:** Counselors, Program Directors, Juvenile Justice, Drug Court Specialists, Adolescent Community Based Services, Interventionists - All Welcome.

This interactive workshop will provide a framework for working effectively with adolescents experiencing substance abuse and co-occurring disorders. Critical elements of adolescent development and assessment will be reviewed. Various intervention techniques and their role in the pre-treatment process with adolescents will be reviewed. A review of evidence-based treatment approaches will be highlighted, with specific emphasis on skill building techniques for individual, group and family treatment with adolescents.

*Through a didactic and interactive process, participants will be able to: 1) describe the progression of substance abuse with adolescents and its impact on their overall development; 2) identify critical elements of assessment with adolescents and their families; 3) utilize skills to engage adolescents in the pre-treatment/intervention process; 4) describe key elements of evidence-based treatment that currently exist in the adolescent treatment field; 5) develop skills in working effectively with adolescents in individual and group intervention/treatment settings; and 6) gain insight and develop skills in working effectively with families.*

P I T

P-Prevention

I-Intervention

T-Treatment

# A Workshops

(Monday and Tuesday)

2 day, 10 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## A-9 A Practical Approach to Therapy with the Chemically Dependent Person

I T

**Al Greene**

**TARGET AUDIENCE:** This workshop is designed for counselors with fewer than four years of experience in the field and for those wishing a review of basic recovery work.

Recovery is an arduous, extended journey with many challenges and dangerous opportunities. This workshop will provide step-by-step information on the tasks of recovery and counselor interventions to address those tasks with clients throughout the early, middle and late stages of the recovery journey. This material is neither rocket science nor is it theoretical; rather a basic, practical hands-on-approach will be presented.

*Participants will learn: 1) specific interventions addressing four levels of therapy with addicted clients through the three stages of recovery; 2) ways to break through resistance and denial; 3) relapse prevention techniques; and 4) recognition and prevention of counselor burnout.*

## A-10 Strategies for Engagement

I T

**Michael Johnson**

**TARGET AUDIENCE:** Probation & Parole Officers - Newer Counselors, drug treatment personnel.

This workshop is a collection of didactic presentations and group exercises utilized to stimulate thought and prompt discussion within a group or individualized treatment setting. The presenter will provide attendees with a set of presentations that should aid in developing rapport within the counseling relationship. This workshop will help the counselor fill their “bag of tricks” in working with client resistance and to “keep the treatment moving”.

*Participants will: 1) improve their ability to work through client resistance and ambivalence in counseling; 2) improve their efficacy within the context of group; and 3) be able to stimulate “process” within the group setting.*

## A-11 Prescription, Over-the-Counter and Other Drug Abuse Incidence, Trends, & Culture

P I T

**Major Mike Bosse/  
Patrick J. Sammon, Ph.D.**

**TARGET AUDIENCE:** Alcohol and other drug counselors, health care professionals, law enforcement personnel, prevention specialists, social service workers, school administrators, teachers/counselors, student assistant coordinators, and other persons who desire in-depth information about current drug trends, problems and solutions in Kentucky.

Prescription and Over-the-Counter drug abuse continues to be a problem that impacts every community as well as our families. The illegal use of painkillers is rampant and methamphetamine abuse has reached a crisis; we are even seeing “*meth mouth*” in teenagers! This workshop is designed to provide new insights and understanding into some of the **current incidence, trends and cultures in drug abuse problems in Kentucky**: The explosive growth of Internet drug trafficking, the rampant illicit use of the narcotic painkillers, the “*modus operandi*” of drug seekers, the meth lab crisis and abuse trends, the dangers and impairment issues of Over-the-Counter drug abuse, the controversy surrounding marijuana, its medical use and legalization issues, the health and impairment problems associated with other so called “fun drugs”, and more. Participants will have the opportunity to observe and identify drug paraphernalia and gain a better understanding of how law enforcement addresses illegal drug use. **Emphasis will be place on what we can do:** recognize early signs and symptoms of misuse and abuse, increase our skills and abilities to prevent drug use, and identify and intervene on individuals using drugs.

*Participants will: 1) recognize how easy it is to purchase prescription drugs over the Internet and the significant dangers this poses for individuals; 2) know how psychoactive drugs affect the brain’s reward system and how this can lead to addiction and drug seeking behavior; 3) demonstrate an understanding of the physical and behavioral problems associated with the abuse of prescription and other OTC drugs; 4) know how “drug seekers” attempt to obtain and divert prescription drugs; 5) recognize the common appearances of **meth labs**, indicators of meth abuse, behaviors of users, and physical effects of the drug; 6) recognize the serious health problem and impairment problems associated with the misuse and abuse of marijuana, inhalants (nitrous oxide), ecstasy, and other “fun drugs”; and 7) increase your skills and abilities to recognize the signs and symptoms, behavioral effects and progression of addictive drug abuse, and be able to communicate prevention information to individuals with these problems.*

P I T

P-Prevention

I-Intervention

T-Treatment



# A Workshops

(Monday and Tuesday)

2 day, 10 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## A-12 Motivational Interviewing

**Jean Marlatt Henry**



**TARGET AUDIENCE:** Substance abuse and mental health professionals, social workers, probations and parole, community corrections, court officers, drug court, juvenile justice, physical health workers.

Motivational Interviewing is a client centered yet, semi-directive counseling approach. MI can be used in all therapy modalities and integrated with existing programs and treatment approaches. It can be used as brief treatment in substance abuse, mental health, and physical health settings. It is a “way of being with people” to quote Bill Miller. Motivational Interviewing has been shown to increase client retention and long term change. The workshop will include experiential “real plays”, brief lectures and videos.

*Participants will:* 1) understand the underlying concepts of the “spirit” of Motivational Interviewing; 2) utilize tools that support the concepts of Motivational Interviewing; 3) learn to recognize the client words and phrases that are more predictive of commitment to successful change; and 4) increase ability to elicit “change talk” from client.

## A-13 Effective Adolescent Intensive Outpatient Programs, Part 1

**Eddie Woods, Ph.D.**



**TARGET AUDIENCE:** Professionals (1-3 years) who work with adolescents addicted to/or abusing drugs. It is also very helpful in working with patient/clients addicted to drug dealing.

This workshop explores how to develop an effective plan that addresses the personal needs of the youth client and how to match promising approaches with identified needs. No approach is effective if the client is preoccupied with issues other than their treatment plan.

*Participants will learn:* 1) how to effectively utilize the patient’s individual needs; and 2) how to match effective approaches with individual needs.

## A-14 FROM DISCOVERY TO RECOVERY: Neuroscience, Spirituality and 12-step Facilitated Recovery

**Cardwell C. Nuckols, PhD**



**TARGET AUDIENCE:** All welcome

Prior to the onset of organizations such as the Oxford Group and Alcoholics Anonymous, most alcoholics died from their disease or its complications. Since 1935 over 200 research studies have provided evidence that millions have entered recovery utilizing 12-step programs.

Over the past decades, a rigorous science of recovery has emerged. Some of this science comes from evidence based studies of the treatment of early life trauma in early recovery. The social sciences, spiritual disciplines (Christianity, Buddhism, etc.) and enhancement of health from meditation practices such as mindfulness merge seamlessly into the understanding of 12-Step facilitated recovery. Quantum physics and neuroscience, including scientific studies of spiritual states, neuroimaging of the brain, and studies of genetic influence on a person’s predisposition for addictive disorders also contribute. Completing the picture, research findings in neurobiology reveal how psychoactive drugs work within the brain to cause the many manifestations of addictive disorders.

This understanding has been intuitively realized by millions of alcoholics, addicts, clinicians, and others who have observed-sometimes against all odds-what can only be called the miracle of recovery. Now we can scientifically understand and treat much of what has in the past been relegated to anecdotal lore and mystery.

*Participants will be able to:* 1) understand how the mental process of perception changes as progress is achieved thru the stages of recovery; 2) describe the treatment of such states as hopelessness, fear and guilt from the perspectives of Eastern philosophy and Western psychology; 3) discuss the process of “Inner work”, “connectedness”, spirituality and transcendence as it relates to recovery; 4) understand the implications of the term “Growing up in AA”; 5) learn how to work with narcissism utilizing spiritual principles and mindfulness meditation technique; 6) learn specific interventions from both Western psychology and Eastern philosophy (there are some problems in recovery that require spiritual solutions) relevant to the treatment of addictive disorders; 7) understand scientific evidence revealing how the mind/brain determines reality; 8) describe the EGO and the concepts of Pride and Desire from both a Western psychological and Eastern philosophical perspective; 9) describe how surrender, acceptance, humility, forgiveness and love allow for the transcendence of the EGO (Eastern perspective); 10) understand the journey from the small self to the BIG SELF; and 11) more fully describe addiction and recovery as an integration of spiritual, physiological, psychological, behavioral and social phenomenon.



P-Prevention

I-Intervention

T-Treatment

# A Workshops

(Monday and Tuesday)

2 day, 10 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## A-15 Basic Competencies in Intervention I T

**Jennifer Stamper/Carmella Yates, Ph.D.**

**TARGET AUDIENCE:** Case Managers, Peer Counselors, Paraprofessionals.

Support services for persons who are in recovery are one of the cornerstones of substance abuse treatment. This workshop will address basic competencies needed to work with those in treatment. These competencies include active listening skills, providing support and encouragement, risk screening and intervention, problem solving skills, and using community resources. Legal and ethical considerations will also be reviewed with emphasis on confidentiality, record keeping, and boundaries. The importance of consultation and supervision will also be discussed.

*The participant will: 1) gain a better understanding of the skills needed to work with those in recovery; 2) identify common risk factors and seek appropriate care for those at risk; 3) understand the basic ethical and legal considerations necessary for working with those in recovery; and 4) understand the importance of consultation and supervision while working with those in recovery.*

## A-16 Chronic Pain & Addiction I T

**Carl R. Sullivan, MD**

**TARGET AUDIENCE:** Experienced practitioners who work in inpatient, outpatient or community programs would benefit from this workshop.

This workshop will focus on the increasingly common problem of chronic pain and addiction with an emphasis on prescription drug addiction. Topics to be covered include the neurophysiology of pain, chronic vs. acute pain, classes of addicting drugs, addiction to prescription drugs, basics of urine drug testing, and identification of chronic pain patients with addiction, treatment options and case histories.

*Participants will be able to: 1) know something of the history of treatment of chronic vs. acute pain; 2) have a basic understanding of how pain is transmitted in the human body; 3) have a working knowledge of drugs of addiction and what class they fall into; 4) identify patients with chronic pain comorbid addiction to alcohol or drugs; and 5) understand the basic tenets of treatment for patients with chronic pain and addiction.*

## A-17 The Adolescent Brain and High Risk Behaviors: Reducing the Risks P I T

**Michael Nerney**

**TARGET AUDIENCE:** All welcome

Recent research indicates that the time frame from 14 years to 24 years of age is exceptionally risky. New insights into brain development, gained through the use of new technology, demonstrate specific conditions that exist in the brain only during adolescence. New research also demonstrates that adolescents perceive and process risk assessment in ways that are remarkably unlike adults. Participants will explore the connections between the adolescent brain and high risk behavior and discuss the allure of drug and alcohol abuse, sexuality and other high risk behaviors. Participants will also explore new ways to think about and talk about risk reduction, including access to structured risk taking and the use of “gist” language, which can be utilized by everyone who interacts with youth - parents, teachers, counselors, and peers. These concepts can be applied across the spectrum of adolescent behaviors, whether related to drugs and alcohol, sexual activity, or other social risks.

*Participants will: 1) review recent research on the adolescent brain; 2) list three major areas of the brain; 3) understand the impact of Amygdala activity on emotions & perception; 4) identify specific emotions related to drug of choice; 5) recognize how the adolescent brain performs problem solving and risk assessment unlike adult brains; 6) review new research regarding the impact of alcohol, marijuana, prescription and over the counter drugs; and 7) identify three differences between adolescent and adult substance abuse treatment.*

P I T

P-Prevention

I-Intervention

T-Treatment

# A Workshops

(Monday and Tuesday)

2 day, 10 hour skill-building workshops. Limited space is available.

Please list 1st, 2nd, and 3rd choices.

## A-18 Ethics and HIV/AIDS for the Professional P I T

**Michael McLemore/Kathy Seifried**

**TARGET AUDIENCE:** Substance abuse therapists, Social Workers, Case Managers, Outreach Workers and Prevention Specialists.

A uniquely structured workshop allowing professionals to learn more about why we have codes of ethics, how to make ethical decisions, how to avoid malpractice suits and information to help the recovering professional maintain well established boundaries. Interwoven into this workshop will be techniques to becoming more sensitive to the issues of preparing a client for HIV testing decision. This workshop will deal with ethical concerns experienced in providing counseling to HIV and high risk clients and will present materials to prepare practitioners to provide services for HIV/AIDS patients in an ethical and professional manner. Case studies will be used through the workshop.

*Participants will: 1) understand the purpose of Codes of Ethics; 2) learn how to make ethical decisions by solving case studies; 3) learn ways to maintain healthy boundaries with clients; 4) learn ways to avoid a malpractice suit; 5) understand and learn new techniques for work with high-risk clients; and 6) be prepared as counselors who work with HIV and high risk clients.*

## A-19 Recovery Kentucky Program Model I T

**Jay Davidson/Rodney Brannon**

**TARGET AUDIENCE:** Anyone interested in Recovery Kentucky Program. Anyone with a desire to understand the distinction between traditional treatment model and social model approaches.

This workshop will provide an overview of the recovery program to be implemented in Recovery Kentucky Centers throughout the state of Kentucky. Through this program there will be created at least ten housing recovery centers across the state. These housing recovery centers will help address the state's drug problem and resolve some of the state's homeless issues simultaneously. The ultimate goal, however, is for the residents of the recovery centers to achieve a life of sobriety and become productive members of society. As transitional supportive housing, each recovery center will use a recovery program model that includes peer support, daily living skills training, job responsibilities and practical living experiences. This combination of transitional housing and recovery program has proven to help people who face the most complex challenges to live more stable, productive lives.

*Participants will: 1) gain knowledge and understanding of Social Model Recovery Program; 2) gain understanding of mutual help process; and 3) gain knowledge of the therapeutic community meeting.*

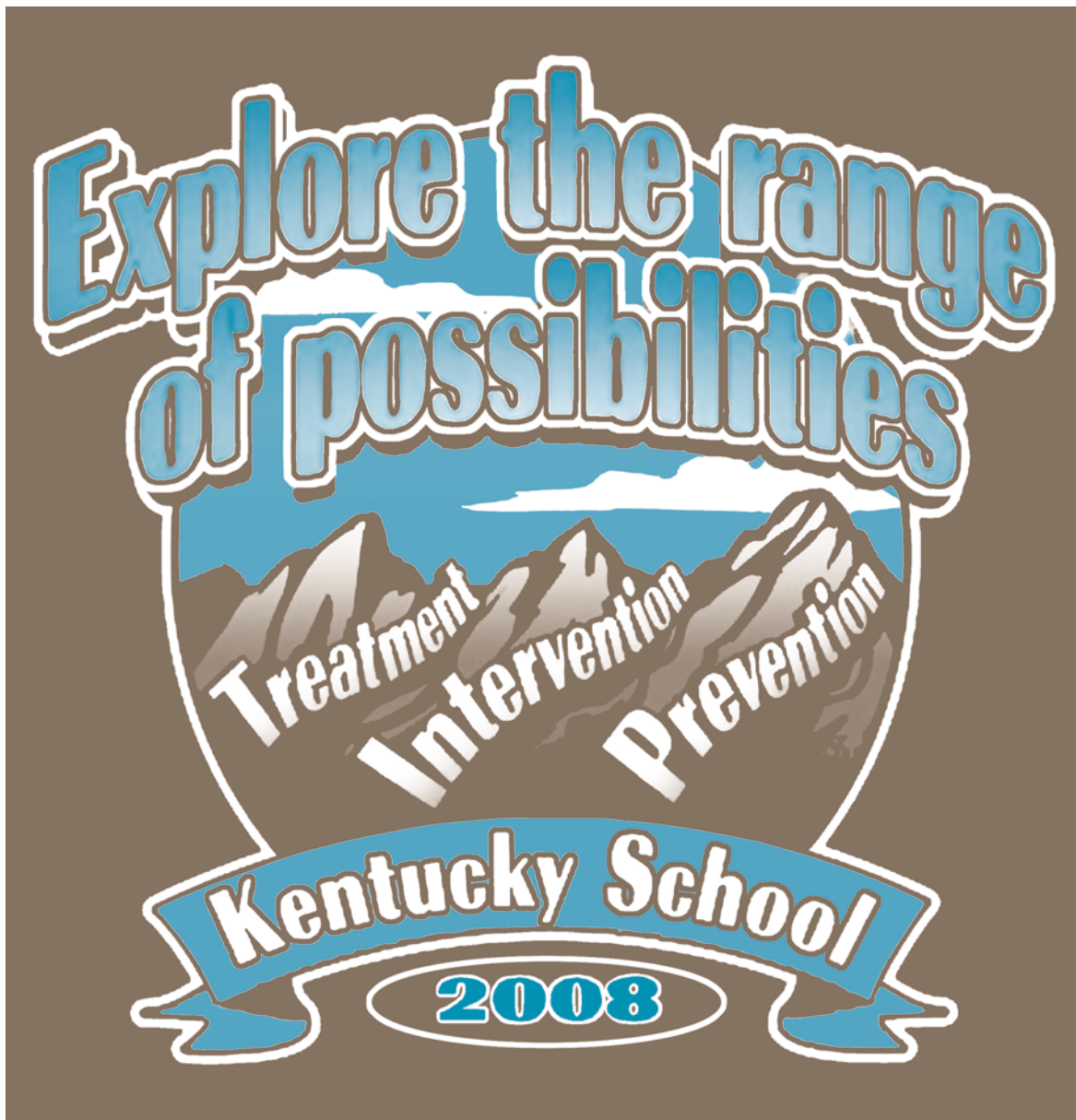
P I T

P-Prevention

I-Intervention

T-Treatment

# Wednesday (W) Workshops



# W Workshops

(Wednesday)

*1 day, 5 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.*

## W-1 Effective Approaches to Gang/Youth Violence & Drug Dealing

P I T

**Eddie L. Woods, Ph.D.**

**TARGETAUDIENCE:** All welcome

This workshop is designed to give information on identifying real gang involvement and the gang sub-culture; how to impact youth drug dealing; and, research based strategies for addressing these issues. It is designed to maximize resources for effective outcomes. We can no longer afford to wait on law enforcement to fix the problem or downplay it as “that’s just kids being kids.” The keys to constructive outcomes are information, planning and execution. This workshop component explores strategies for organizing and developing effective approaches to the impact of community youth gangs/violence and drug dealing. It is designed to maximize resources for effective outcomes. In addition, this workshop explores strategies for defeating barriers to successful early intervention initiatives and how to better get youth into appropriate treatment venues. It is designed to foster long-term results.

*Participants will: 1) learn to identify pertinent risk factors; 2) learn to identify appropriate resources; 3) know more about youth gangs and the allure of drug dealing than the youth that they care for and/or work with; 4) learn to implement outcome oriented plans; 5) learn how to build in evaluation components on the front end of their plans; 6) learn how to do effective follow-up and aftercare with their most at-risk clients; 7) learn a four-step evaluation process for evaluating the effectiveness of their community plans; and 8) learn how to put together a strategy that can be evaluated for effectiveness.*

## W-2 The Ice That Burns: Strategies for Reducing Methamphetamine Problems in Our Communities

P I T

**Terry Stinson**

**TARGETAUDIENCE:** All welcome

Beginning in the western half of our nation, moving ever steadily eastward, methamphetamine manufacturing/abuse has unlike any other drug, triggered catastrophic affects across rural America. Unfortunately, many communities have been ill prepared to stave off or adequately respond to this new substance abuse epidemic. This workshop will provide community leaders and prevention practitioners the basic tools needed to reduce methamphetamine problems through the utilization of effective prevention/intervention strategies.

*Participants will be able to identify and use strategies: 1) public awareness of the local problem by using data and observable behaviors of users/manufacturers of methamphetamine; 2) laws and ordinances that help reduce the availability of precursors, increased availability of drug-courts, treatment services and prevention related policies; 3) effective treatment approaches (including prenatal exposure); 4) landlords and neighborhoods can use; 5) involvement of local and statewide media; 6) Kentucky Alliance for Drug Endangered Children; 7) access to drug paraphernalia; 8) Meth Watch / Methamphetamine lab clean up; 9) challenges for involving and educating youth and young adults; 10) home visitor safety; 11) rural strategies; 12) challenges for cities and urban communities; and 13) how to find and use available resources for local efforts.*

Participants will receive a resource manual as well as usable Power Point presentation for use in their respective communities.

P I T

P-Prevention

I-Intervention

T-Treatment



# W Workshops

(Wednesday)

*1 day, 5 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.*

## W-3 Applying Motivational Interviewing with Adolescents: Lessons Learned



**Paul Nagy**

**TARGET AUDIENCE:** All welcome

With the growing evidence that builds on the idea that person centeredness and the therapeutic relationship is paramount to change in the treatment of substance use disorders, motivational interviewing has become a highly accepted and proven approach in the treatment of substance use disorders. While this approach was shown to be equal in effectiveness to other targeted interventions with adolescent substance abusers in the Cannabis Youth Project study, there are a variety of ethical, legal and family challenges associated with the application of this model with the adolescent substance abuser. This session will discuss these challenges as well as the potential strategies for addressing these concerns in application of MI approaches with adolescents. Further, this workshop will provide a review of the trans-theoretical model of the stages of change and the principles and techniques of motivational interviewing.

*Participants will: 1) be provided a brief overview of the science based understanding of addiction and related implications for working with adolescents; 2) review principles and techniques of motivational interviewing; and 3) identify the common challenges to applying motivational techniques in practice with adolescents and lessons learned.*

## W-4 Opioid Dependence Pharmacotherapies



**Michelle Lofwall, M.D./  
Teresa Oropilla-Kiefer, M.D.**

**TARGET AUDIENCE:** All welcome

This workshop will focus on the major forms of opioid dependence pharmacotherapies. It will describe the growing public health problem of prescription opioid addiction and discuss the use of naltrexone, buprenorphine, and methadone pharmacotherapies. The comparative strengths in relieving opioid withdrawal-related signs and symptoms, likelihood of euphoric effects, and efficacy and effectiveness in treating opioid addiction will be presented. It will also cover opioid dependence treatment during pregnancy and discuss the effectiveness of methadone and buprenorphine pharmacotherapy in this special population. There will be information on the effects on mother, fetus, and newborn. In addition, given the clinical complexities and policy concerns, the workshop will provide a "clinic" to discuss cases being treated in the community and a chance to obtain clinical consultation from treating psychiatrists in the field.

## W-5 Treating Gay, Lesbian, Bisexual & Transgender Clients



**Edwin Hackney**

**TARGET AUDIENCE:** Appropriate for all disciplines with a focus on clinical settings.

This workshop, using an experiential format, will provide increased awareness of the issues and barriers faced by lesbian, gay, bisexual, and transgender (LGBT) persons in need of substance abuse services. Knowledge about the interaction between LGBT issues and substance use and abuse will be provided, and affirmative intervention strategies to enhance client safety and counselor sensitivity will be presented.

*Participants will enhance their ability to offer sensitive, affirmative, culturally relevant and effective treatment to LGBT clients and will: 1) be able to identify stages in sexual identity development; 2) be able to identify useful assessment and intervention techniques for substance abuse treatment of LGBT persons; and 3) describe counselor responsibility and barriers to effective treatment.*

Sponsored by the Mid-Atlantic ATTC

The primary source for this training is taken from : SAMHSA/ Center for Substance Abuse Treatment (CSAT). (2001). / A Provider's Introduction to Substance Abuse Treatment for: Lesbian, Gay, Bisexual, and Transgender individuals./ Washington, D.C.: U.S. Department of Health and Human Services. Available from [info@health.org](mailto:info@health.org) <[mailto: info@health.org](mailto:info@health.org)> or as PDF file from [www.health.org/govpubs/bkd392/index.pdf](http://www.health.org/govpubs/bkd392/index.pdf) <<http://www.health.org/govpubs/bkd/index.pdf>>



P-Prevention

I-Intervention

T-Treatment

# W Workshops

(Wednesday)

*1 day, 5 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.*

## W-6 Getting To Know The 12-Steps and 12-Step Fellowships I T

**Cosco Williams**

**TARGETAUDIENCE:** Individual seeking initial certification, new clinicians, administrative staff, clerical staff, non-recovery staff or volunteers, anyone interested in the topic.

This workshop is designed to increase the participants' knowledge base and understanding of the 12-Steps. This is accomplished with introduction to the structure and origin of 12-Step fellowships along with reviewing each of the 12-Steps individually. The spiritual principles which underlie the 12-Steps are examined independently and examples of their application are presented. A comparison of treatment and 12-Step fellowships is conducted and techniques for linking with these two processes are explored.

*Participants will: 1) increase ability to explain and present the 12-Steps to clients and staff; 2) gain ability to distinguish between various 12-Step fellowships; 3) be able to match client with, and make more accurate referral to 12-Step fellowship; and 4) be able to present and discuss the differences between 12-Step fellowships and treatment programs.*

## W-7 Are we really Martians and Venusians? I T

**Carmella Yates, Ph.D./  
Jennifer Stamper**

**TARGETAUDIENCE:** All are welcome

A very popular book recently made much about the differences between men and women. This workshop will explore the Mars/Venus split by looking at research evidence for gender differences in communication, emotional style, cognition, choices and behavior. The implications of true gender differences as it impacts substance abuse treatment will be discussed.

*This workshop is designed to: 1) provide knowledge and awareness of true gender differences as they are known; 2) encourage the ability to evaluate the literature to assess gender differences; and 3) apply learned gender differences to their work in substance abuse treatment.*

## W-8 Change That Lasts: Addressing Public Policy P I T

**Gary W. Hall**

**TARGETAUDIENCE:** All welcome

Researchers have learned by observing outcomes of enacted local/state and federal laws addressing human behaviors that when enforced, ultimately influence community norms. This has sparked nationwide interest on how prevention practitioners can utilize the advocacy of public policy as a key prevention/intervention strategy. This workshop will provide an in-depth overview of the history of the ever growing use of policy change and other environmental strategies.

*Participants will: 1) learn more about the state level legislative process, effective advocacy and education for change agents as well as the general public; and 2) also learn how to work with unlikely partners, utilization of environmental strategies at the local and state levels, development of networks and constituencies, accessing policy makers, marketing through media outlets and closing the deal with decision makers.*

This course helps meet the required training for Certified Prevention Professional Credential. A resource manual will be provided to all participants.

## W-9 Preparing For The Certified Prevention Professional Exam P I

**Sherri Estes**

**TARGETAUDIENCE:** Prevention Specialists wanting to learn how to study for the IC&RC/ ATOD Prevention Exam

This interactive course will help the ATOD prevention professional understand and prepare for the IC&RC /ATOD Prevention Credentialing Exam. Participants will learn about the core domains upon which the exam is based, types of questions which are on the exam and the fundamentals of test taking. Participants will receive a recommended resource list for IC&RC/ ATOD Prevention Credentialing Exam preparation.

*By the end of the course participants will be able to: 1) identify the five core functions upon which the exam is based; 2) identify types of questions which comprise the exam; and 3) identify test taking skills.*

P I T

P-Prevention

I-Intervention

T-Treatment

# W Workshops

(Wednesday)

*1 day, 5 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.*

## W-10 Preparing for the CADC Ora Exam: Twelve Core Functions Global Criteria Format

**I T**

**Todd Trumbore**

**TARGETAUDIENCE:** Participants who are needing an overview of the Twelve Core Functions/Global Criteria and those preparing to sit for the CADC Oral Exam within the next six months.

This workshop will provide participants with a thorough understanding of the Core Functions and related Global Criteria. Participants will be given the opportunity to incorporate their direct clinical experience into the format necessary for demonstration of competence. The workshop will clarify the core functions that are sometimes condensed or not conducted at their agency. This will be of particular importance for persons working in a setting that does not deliver a full array of chemical dependency services. Participants will be given the opportunity to practice their understanding of the oral review process.

*Participants will be able to: 1) identify and describe the 12 Core Functions and Global Criteria; 2) incorporate their chemical dependency clinical experience into the 12 Core Functions format necessary for demonstration of competence; and 3) discuss and clarify expectations.*

## W-11 Prevention ABCs

**P I T**

**Linda Dusenbury, Ph.D./  
Judy Wilson**

**TARGETAUDIENCE:** All Welcome

Prevention ABCs is a series of seven brief courses for adults who work with youth. It is designed for professionals who want to help young people reach their full potential and live healthy, caring, and responsible lives. During the workshop we will lead discussion and practice on the following prevention topics: The Basics of Prevention, Effective Teaching Strategies, How to Make a Program Work, Norm Setting Strategies, Motivational Approaches, Personal Competence and Social Competence.

*Participants will: 1) increase their effectiveness at preventing problem behaviors including alcohol, tobacco, and drug use; 2) help to be prepared to teach research-based prevention and positive youth development programs.*

## W-12 Detox: Theory & Practice - In-patient, Out-patient, At-home

**P I T**

**J. Randle Adair/Marvin Seppula**

**TARGETAUDIENCE:** All welcome

This workshop will cover the physiology and mechanisms of addiction and withdrawal syndromes as well as clinical evaluation of withdrawal state. We will also cover substance-specific management of withdrawal states of alcohol & benzodiazepines, stimulants, opioids and cannabinoids. Modalities of withdrawal management based on objective criteria such as in-patient (hospital vs. residential), out-patient and at-home will be discussed. There will also be discussions about different cases during the workshop.

*Participants will be able to: 1) understand the underlying physiology of addiction and withdrawal; 2) evaluate severity and acuity of withdrawal state; 3) make appropriate recommendations for level-of care for treatment of withdrawal states; 4) make appropriate recommendations for modality-of-care based on level of practice or professional discipline, and 5) make appropriate recommendations for treatment and placement.*

## W-13 Addiction 101

**P I T**

**Donna Johnson**

**TARGETAUDIENCE:** Those who are entry level in the field of addiction, those in administrative roles with drug courts, those not clinically trained, family and children service workers, those who would like latest treatment information on addiction and evidence based practices.

This workshop will provide participants basic theory and information regarding effects of addiction, brain chemistry, and information on how certain drugs effect areas of the brain differently. Based on this information participants are also given knowledge of why and how you provide treatment is so important in achieving positive outcomes.

*Participants will: 1) learn basic brain chemistry and addiction; 2) learn basics of addiction on drugs such as cannabis, methamphetamine, alcohol, steroids, prescriptions drugs, opiates and other stimulants; 3) be provided general understanding of why appropriate treatment is so vital in positive treatment outcomes and how counselors can maximize those positive outcomes; and 4) be provided some basic concepts and theories of evidence based practices.*

**P I T**

P-Prevention

I-Intervention

T-Treatment

# W Workshops

(Wednesday)

1 day, 5 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## W-14 Working with Female Offenders



**Gwen Holder/Dru Ham**

**TARGETAUDIENCE:** Addiction treatment professionals, criminal justice professionals, and mental health professionals.

This workshop will explore the fact that the female prison population is growing at a much faster rate than the male prison population. There are currently over 100,000 women incarcerated in state and federal prisons. What are we doing to address the issues that female offenders present both in the community and in the criminal justice system? This workshop will include a panel of treatment providers, a parole officer, along with women who have come through the system and are clean and sober and living crime free. There will be an opportunity for interactive discussion.

*Participants will:* 1) review what is currently being done in both community and within the system to work with this population; 2) identify the benefits of a multidisciplinary team to treat these women; 3) participate in an interactive discussion with treatment providers and women who have successfully come through the system.

## W-15 A Few Things Everyone Should Know about Domestic Violence



**David Gutierrez**

**TARGETAUDIENCE:** Clinicians and professionals of all experience levels looking for introductory information.

This workshop is intended to be an introductory workshop on domestic violence. It will include some information on theory and causes, scope of the problem, dynamics from both the victim and offender, the intersection with substance misuse, and appropriate interventions and referral sources for Kentucky clients.

*Participants will be able to identify:* 1) and discuss key components of the “macro perspective” theory as it relates to the cause of domestic violence; 2) and discuss the scope of the problem of domestic violence; 3) and discuss key victim and offender dynamics; and 4) local referral sources for specialized domestic violence interventions for victims and offenders.

## W-16 Family Treatment for the Substance Abuse Client



**Geoff Wilson**

**TARGETAUDIENCE:** All welcome

This workshop will explore the multitude of dynamics that exist in working with the family that has a loved one struggling with alcohol and substance abuse. Emphasis will be made on the assessment process with families and engaging family members in intervention. What prevents families from becoming involved in treatment and working with disruptive family will be reviewed. Family systems theory and evidence-based family treatment for adolescents and adults will be examined.

*Participants will be able to:* 1) gain insight into the role family members play in the treatment process; 2) utilize skills to effectively assess families; 3) identify motivation techniques to engage families in the intervention and treatment process; 4) describe techniques to work more effectively with family members that can become disruptive to treatment; 5) describe current evidence-based family treatment for adolescents and adults; and 6) utilize techniques to work effectively with families in individual and group treatment settings.

## W-17 Attributes of Effective Counselors



**Michael Johnson**

**TARGETAUDIENCE:** New & Advanced Counselors

This workshop discusses the attributes necessary to being and becoming an effective counselor. It assists the counselor in understanding their role within the therapeutic relationship and its impact on outcomes. Emphasis is placed on the skills the counselor must have and the amount of time it truly takes to reach a state of mastery or competency. The workshop will also focus on multi-cultural counseling and the adjustments the counselor must make in working with diverse populations. Finally there is a discussion of “vicarious trauma” as counselors suffer a “peculiar denial” concerning the impact of our occupation on daily living.

*Participants will:* 1) discuss the importance of the counselor in the therapeutic alliance and what it is they bring to each relationship; 2) discuss the characteristics of an effective counselor i.e., identify, recognition/acceptance of power, expanding the awareness of self and others, development of an individual counseling style, knowing and experiencing the world of the client, the need and use of humor; 3) learn how to address cultural dynamics as opposed to ignoring them; beliefs and attitudes of the counselor that impact the counseling relationship; and 4) discuss the importance of counseling for counselors; importance of insights gained; understanding the dynamics that take place in the counseling relationship.



P-Prevention

I-Intervention

T-Treatment



# W Workshops

(Wednesday)

*1 day, 5 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.*

## W-18 The Medicine Wheel and 12 Steps

P I T

**Jan Lambert/David Lambert**

**TARGET AUDIENCE:** Open to everyone. Appropriate for those new in the field as well as seasoned professionals.

This workshop will increase cultural awareness and will explore the concept of “Wellbriety” (wellness in the directions of mental, emotional, physical and spiritual healing). Wellbriety is an affirmation that recovery is more than the removal of alcohol and other drugs from an otherwise unchanged life. Wellbriety is a larger change in personal identity and values and a visible change in one’s relationship with others. It is the beginning of a quest for harmony and wholeness within the self, the family and the community or tribe. Recovering from addiction and other unhealthy behaviors is addressed from the Medicine Wheel and 12 Steps Teachings. The Wellbriety Path enriches AA and other paths of recovery by embracing them within the web of Native American tribal histories and cultures. The framework allows for the program to be adapted to fit the cultural and spiritual preferences of the people who are participating. Also, materials are designed for men and women to work through their own issues, including codependency, friends and family members of alcoholics, adult children of alcoholics, recovery from sexual abuse, gambling and other addictions. This program can also provide support and direction for those recovering from mental disorders that co-occur with addictions.

*Participants will: 1) become familiar with the basic concepts and components of the Medicine Wheel & 12 Steps Program; 2) learn a culturally based recovery tool by participating in a talking circle; 3) experience the atmosphere of the talking circle and become a conductor of energy as a tool for groups and/or families both therapeutic and educational; 4) participate as a more culturally aware professional by understanding traditions as a means and solution for healing from substances and addictive behaviors.*

## W-19 Suicide Prevention

P I T

**Cardwell C. Nuckols MA, Ph.D.**

**TARGET AUDIENCE:** All Welcome

More than 30,000 people in the United States die by suicide every year. It is this country’s 11th leading cause of death, and the third leading cause of death among people ages 15-24. Suicide is not about wanting to die, but about a powerful need for pain to end. People choose suicide because they feel unable to cope with feelings of pain, hopelessness, helplessness, isolation, and uncertainties. Studies indicate that the best way to prevent suicide is through the early recognition and treatment of depression and other illnesses such as addiction that lead to suicidal tendencies. This skills training event will help clinicians sharpen their skills in the areas of identification, prediction and assessment. Emphasis will be placed on clinical prevention strategies. In cases where suicide has occurred, the method for a post-review or psychological autopsy will be discussed.

*Participants will: 1) discuss an actuarial prediction model for suicide prevention; 2) review key questions that can be asked as a part of an assessment; 3) learn the process of contracting with a potentially suicidal client; 4) have knowledge of various aspects of a prevention strategy including environment, psychotherapy and pharmacotherapy; and 5) learn how a psychological autopsy might be performed.*

## W-20 Basic Compulsive Gambling Counseling

P I T

**Ron Sonlyn Clark**

**TARGET AUDIENCE:** All welcome

Introduction to the skills necessary to work with a problem or pathological gambler and/or their family. Pathological and problem gambling affect 1-3% of our population and the increase in gambling venues makes it essential to learn how to identify and treat these individuals.

*Participants will: 1) become familiar with gambling terminology; 2) learn ways to assess and screen for gambling problems; 3) become familiar with special populations and gambling issues; and 4) develop basic skills for the treatment of compulsive gamblers.*

P I T

P-Prevention

I-Intervention

T-Treatment

# W Workshops

(Wednesday)

*1 day, 5 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.*

## W-21 The Neuroscience of Addictions/Theology and Addictions

P I T

**Robert Walker**

**TARGETAUDIENCE:** All welcome

The overall goal of this workshop is explore the interface of science and faith-based approaches to addiction. The first part of this workshop will highlight the key scientific finding regarding addiction and brain anatomy and brain chemistry. The presentation includes brain imaging and relatively simple presentations of how addictive substances act on the brain and how brains are changed by those substances. The second part of the presentation will examine how major religious systems view addictions and how religious and scientific understanding are similar or different. The ways of faith-based recovery in different faiths will be reviewed and Christian perspectives will be explored in greater detail. The differences between science-based treatment and faith-based recovery will be explored. Suggestions will be made about how to accommodate scientific and moral views of addictive disease.

*Participants will: 1) gain insight into key brain anatomy involved in the chemical addictions; 2) gain an understanding of how brain chemistry is involved in moods; 3) understand the differences between scientific understanding and religious interpretations of behavior; and 4) be prepared to bridge religious and scientific views of addiction and see how these views can shape interventions.*

## W-22 The Juvenile Sexual Offender and Substance Abuse Issues

P I T

**Lane Stonecypher**

**TARGETAUDIENCE:** Open to all. The training will be of particular interest to those working with adolescents in the juvenile justice system.

This workshop will provide a profile of the juvenile sexual offender and treatment aspects including substance abuse. A distinction will be made between adult and juvenile offenders regarding treatment approach and outcomes. Correlations between substance abuse and sexual offender treatment will be illustrated. The stages of change, motivational interviewing and the 12 steps within the substance abuse treatment field are identified as having similar counterparts and strategies in the treatment for juvenile sexual offenders. The workshop will cover the sexual assault cycle (Precipitating, Compensatory, and Intergration phases) and the importance of the criminal justice system in processing the committing offense for accountability. We will also cover the trauma outcome process, defense mechanisms and trust and betrayal issues, which create the seeds of a failure complex. Participants will learn about invitation to responsibility and masculinopathy. A description of how victim selection is made will be discussed and will include how drugs and alcohol are often used as a weapon. The 3 C's (Cooperation, Compliance and Coercion) will detail how youthful offenders often take the path of least resistance in victim selection. Victim Justice will be discussed. Offender typologies will be discussed. Connection to addiction features as well as the purpose of the treatment modalities will be presented. We will use videotape presentations and PowerPoint. A closing discussion will cover challenges concerning treatment with this special population. Participants will receive numerous resources for further reading as well as information on the Juvenile Sexual Offender Certified Counselor Program developed at the University of Louisville.

*Participants will learn: 1) the sexual assault cycle; 2) the committing offense; 3) the trauma outcome process; 4) substance abuse issues; as a perpetration weapon and as an excuse to offend, as well as a replacement for non-offending; and 5) current materials in treatment including suggested assessment tools.*

P I T

P-Prevention

I-Intervention

T-Treatment



# W-F Workshop

(Wednesday-Friday)

3 day, 13 hour skill-building workshop. Limited space is available.

## W-F1 A Practical Approach to Group Work with the Chemically Dependent Person



**Al Greene**

**TARGET AUDIENCE:** This workshop is designed for those relatively new to group work with clients and for those who wish a review of basic principles of group work with addicted clients.

This workshop will provide participants with practical, step-by-step information on leadership techniques and interventions in establishing and maintaining effective groups with our clients. Types of groups, the stages in the life of a group and particular challenges presented by addicted clients will all be addressed. Teaching will occur through a safe, experiential laboratory format wherein participants will be part of a working group followed by discussion of what happened, how and why leader interventions were made, and what principles of group process were demonstrated.

*Participants will:* 1) learn three types of groups used in the addictions field; 2) learn leadership styles and techniques throughout the stages in the life of a group; and 3) have the opportunity to experience group membership and participation at whatever level they choose.

## W-F2 Dialectical Therapy for the Treatment of Borderline Personality Disorder



**Martha Wetter/Jaye Neal**

**TARGET AUDIENCE:** Psychologists, social workers, professional counselors, art therapists, and other mental health professionals working with borderline personality disordered clients.

This workshop will present the structured program developed by Marsha Linehan to treat borderline personality disorder. The theory underlying this approach, as well as treatment targets and strategies will be covered. The skills modules will be reviewed in detail as well as how to use these skills in the individual sessions. The challenges of establishing a Dialectical Behavior Therapy Program will also be discussed.

*Participants will understand:* 1) the biosocial theory underlying development of DBT; 2) the major therapeutic goals and the hierarchy of treatment targets in DBT; 3) the uses of a dialectical approach; 4) the role of skills training for clients; 5) the role of individual DBT therapy for clients; 6) the importance of balancing acceptance and change strategies; and 7) the most effective techniques when substance abuse is a significant problem.

## W-F3 Preparing to Become a Certified Alcohol and Drug Counselor in Kentucky



**Jeanne Keen/Micheal Vance**

**TARGET AUDIENCE:** Kentucky participants who need an overview of the 12-Core Functions/Global Criteria and those preparing to sit for the KY CADC oral and/or written exams within 1 to 1 1/2 years.

This workshop will provide detail and “hands on” experience for the candidate for certification to understand the history and development of professional certification by ICRC and the Kentucky Application and Credentialing processes. The workshop will include a step-by-step instruction upon successful completion of the application documents, the regulatory requirements and the requirements for submission of all documents. The workshop will further identify and detail the Twelve Core Functions of Alcohol and Drug Counseling and will guide the student toward a successful study plan that will allow adequate preparation for the new competency based comprehensive exam as introduced by ICRC in June 2008, the instructor will provide numerous suggestions about study methods, test taking ideas and techniques for successful exam taking. A sample exam will be given and will be scored on the last day of the class.

*Participants will be able to:* 1) identify and describe the 12 Core Functions; 2) discuss the Global Criteria that are necessary to demonstrate competence in each of the functions; 3) discuss the process of the written exam; and 4) understand the CADC certification process.

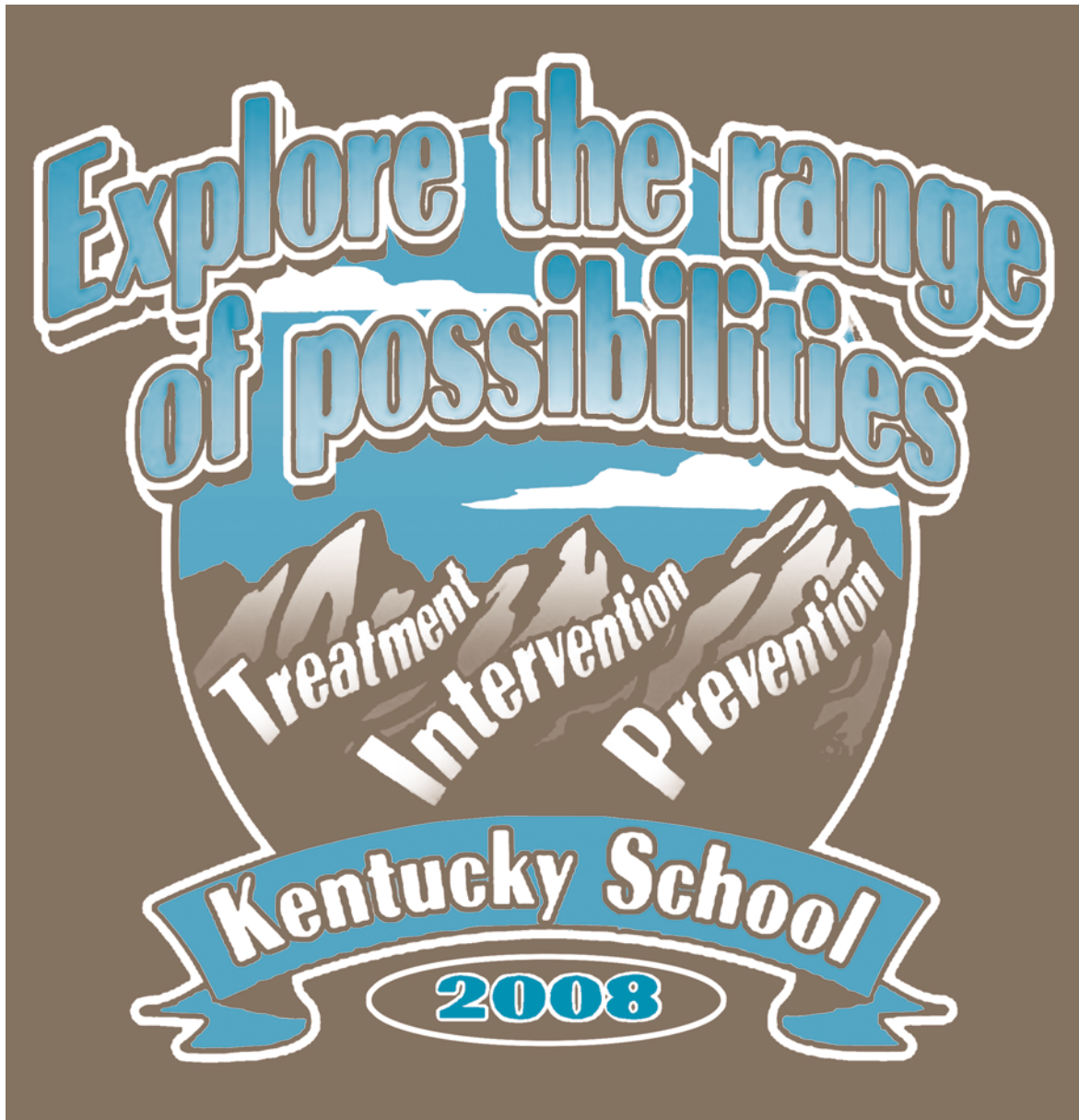


P-Prevention

I-Intervention

T-Treatment

# Thursday/Friday (B) Workshops



# B Workshops

(Thursday-Friday)

2 day, 8 hour skill-building workshops. Limited space is available.

Please list 1st, 2nd, and 3rd choices.

## B-1 Effective Adolescent Intensive Outpatient Programs, Part II

I T

**Eddie L. Woods, Ph.D.**

**TARGETAUDIENCE:** Professionals (1-3 years) who work with adolescents addicted to/or abusing drugs. It is also very helpful in working with patient/clients addicted to drug dealing.

This is a continuation of Part One. This workshop explores how to identify effective age/background appropriate relapse prevention strategies and how to use them in partnership with the client. In addition, we will look at how to measure effectiveness and maintain that effectiveness.

*Participants will learn: 1) age and background appropriate relapse prevention approaches; and 2) how to ID real success and help the patient to maintain it.*

## B-2 Implementing Seeking Safety for Trauma and/or Substance Abuse

I T

**Lisa M. Najavits, Ph.D.**

**TARGETAUDIENCE:** All welcome

The goal of this workshop is to describe *Seeking Safety*, an evidence-based treatment for trauma and/or substance abuse. We will cover (a) background on trauma and substance abuse (rates, presentations, models and stages of treatment, clinical challenges); and (b) implementation of *Seeking Safety* (overview, evidence bases, demonstration of the model, adaptation to settings, frequently asked questions, fidelity monitoring and clinician training). Assessment tools and community resources are also described. By the end of the training, participants can implement Seeking Safety in their setting. Learning methods include powerpoint, video, exercises, and discussion.

*Participants will: 1) review research and clinical issues in treating trauma and substance abuse; 2) increase empathy and understanding of trauma and substance abuse; 3) describe Seeking Safety, an evidence-based model for trauma and/or substance abuse; and 4) provide assessment and treatment resources.*

## B-3 Self-Inflicted Violence: Complex Problem, Simple Solution

P I T

**Ruta Mazelis**

**TARGETAUDIENCE:** All welcome

This workshop will explore the meaning and purpose of self-injury, a commonly misunderstood aspect of many people's lives. Etiology, diagnostic implications, and treatment strategies will be explored, as well as the special circumstances that arise from working with those who self-injure.

*Participants will: 1) gain an understanding of the multiple perspectives on the etiology of self-injury, including addiction, trauma, and bio-psychiatric theories; 2) identify common misperceptions regarding self-injury and will become familiarized with the many meanings and motivations associated with the act of self-inflicted violence; 3) become sensitized to individual variances in the function of self-inflicted violence, and gain insight into cultural and environmental influences; 4) identify treatment practices that are either ineffective or harmful to persons living with self-inflicted violence; 5) become familiar with therapeutic approaches that facilitate healing and identify multiple stressors; and 6) identify multiple stressors arising from clinical work with persons who self-injure.*

## B-4 Exploring Prevention Ethics for the 21st Century

P I

**Mike McLemore**

**TARGETAUDIENCE:** Prevention professionals, educators, law enforcement officials, community coalition leaders and others who are responsible for the planning and delivery of substance abuse prevention programs and strategies.

Prevention professionals need a model for ethical decision-making and practice. An ethical decision model will be taught and participants will be intensely involved in working through relevant case studies using the model. Participants will be prepared to address emerging issues using this model.

*Participants will: 1) be able to describe a model for ethical decision-making; 2) use the model with case studies; 3) learn specific principles for a learning community; 4) be able to develop case studies; and 5) develop a plan to implement the training locally.*

P I T

P-Prevention

I-Intervention

T-Treatment

# B Workshops

(Thursday-Friday)

2 day, 8 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## B-5 Intensive Outpatient Treatment of Substance Abuse

**Paul Nagy**

☐ I ☐ T

**TARGET AUDIENCE:** Addiction treatment professionals.

In this age of major health care change addiction treatment professionals are challenged to find ways to treat increasingly complex alcohol and drug use disorders with a greater emphasis on outcomes and cost effectiveness. One response to this challenge has been the development of intermediate level of care services, which have proven to effectively treat difficult patients over a greater period of time at less cost. This workshop will focus on intensive outpatient treatment continuum, the description of the IOP level of care and its role within the treatment continuum, the elements of effective intensive outpatient treatment and the common clinical, staffing and administrative issues associated with intensive outpatient programs.

*Participants will be able to:* 1) describe the intensive outpatient treatment level of care and its role within the substance abuse treatment continuum; 2) recognize clinical indications for intensive outpatient substance abuse treatment; 3) describe the elements of an effective intensive outpatient program; 4) discuss the common clinical issues and challenges associated with the intensive outpatient level of care and review strategic responses to these challenges; and 5) identify special staff and administrative issues related to intensive outpatient treatment.

## B-6 Brief Therapy With Substance Abuse Clients

**Kevin Pangburn**

☐ I ☐ T

**TARGET AUDIENCE:** Seasoned counselors or those new to the field may benefit from this training. Brief therapy works well with adolescents and adults.

Many clients suffering from the disease of addiction arrive in treatment in a confused and some times hopeless state. Clients also have strengths and resources within themselves and their social system to assist in the recovery process.

*Participants will be able to:* 1) separate strengths from deficits; 2) understand the basics of solution focused therapy as it applies to addiction; and 3) develop a language and attitude focusing on solutions.

## B-7 The Brain and Addiction: Time, Synapse, Spirituality and the Whole Enchilada

**Allan Barger**

☐ P ☐ I ☐ T

**TARGET AUDIENCE:** No prerequisites - open to those in prevention, intervention and treatment fields interested in better understanding the biopsychosocial nature of addiction, as well as clergy and spiritual counselors.

Addiction - is it biological? Is it Psychosocial? Is it Spiritual? What's the cause and what's the cure? This workshop will give a history of how we got to today's ideas and review the latest brain research which changes our paradigms of how addiction develops. However, we are in danger of reducing a person to a chemical stew. This session will move us beyond the brain to consider the whole person in recovery. We are humans with brains, but we are also spiritual beings in search of a life of meaning. How does this all work together to give us insights on how to prevent and treat addiction and other alcohol and drug problems? Well, that's the whole enchilada!

*Participants will:* 1) gain a working knowledge of how brain changes create addictive behaviors; 2) learn how to apply this knowledge to increase perception of risk - a key in both prevention and treatment; 3) help treatment clients better understand their own condition and motivate treatment compliance; 4) explore the ethical and unethical uses of spiritual approaches; and 5) learn how spirituality differs from therapy and how to incorporate spiritual dimensions into prevention and treatment settings.

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P-Prevention

I-Intervention

T-Treatment

# B Workshops

(Thursday-Friday)

2 day, 8 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## B-8 Ethics for Counselors

☐ ☐ ☐ I T

**Carmella P. Yates, Ph.D./Jennifer Stamper**

**TARGET AUDIENCE:** Substance abuse counselors, supervisors, and administrators.

Ethical dilemmas are inherent in many situations in mental health and substance abuse treatment. This workshop will assist counselors in recognizing ethical dilemmas, which arise in the treatment process and identifying the most appropriate resolution of these dilemmas. An exploration of some potentially unethical situations will be accomplished through case reviews. Participants are encouraged to bring examples from professional experience to add to the discussion of topics such as dual relationships, confidentiality, and competence.

*By participating in this workshop counselors will: 1) review ethical standards; 2) identify common ethical errors made by substance abuse counselors; and 3) enhance their ability to implement ethical decision making.*

*This workshop does not meet 201 KAR 23:075 for the Kentucky Social Work renewal requirement.*

## B-9 What is Addiction? A question we must be able to answer for ourselves and our clients

☐ ☐ ☐ P I T

**Cosco Williams**

**TARGET AUDIENCE:** Individuals seeking initial certification, new clinicians, administrative staff, clerical staff, non-recovering staff or volunteers, anyone interested in the topic.

This workshop provides participants with a forum to assess, increase, grasp and develop an understanding of addiction and the process of recovery. The workshop is designed to assist participants in evaluating their own thoughts and beliefs about addiction. The instructor will also present and discuss working definitions for addiction and recovery, along with demonstrating techniques and strategies for identifying and decreasing denial. This course is based on the disease model of addiction and reinforces the 12-step recovery process.

*Participants will: 1) have the ability to engage and connect with clients; 2) learn the use and interpretation of an addiction progression chart; 3) be introduced to the technique of using the stages of recovery chart and theory; and 4) be introduced to strategies for identifying and decreasing denial.*

## B-10 Treating the Multi-System, Multi-Problem Client: Matching Client Need to Modality

☐ ☐ ☐ P I T

**Cardwell C. Nuckols, PhD.**

**TARGET AUDIENCE:** All welcome

Marcus is 27 years old. He was physically abused by his father at a young age and started his use of mood-altering chemicals at the age of 11. Marcus has been in jail and lacks a formal educational degree. He has been treated for Addictive Disorder on 3 occasions and has relapsed.

If you treat clients like Marcus this skills training event will give you techniques based on recent neurobiological and neuropsychological research that can be instrumental in creating powerful opportunities for recovery.

*Participants will be able to: 1) describe how early life substance use/abuse and chaotic environment impact the developmental trajectory of the brain; 2) discuss what resilience research states can be treated and how to implement such treatment; 3) discuss the utilization of "wrap around" services; 4) discuss from a developmental psychology (Attachment Theory) perspective certain treatment modalities that can help client maturity by enhancing frontal cortical functioning; 5) understand that the brain is hard-wired for spiritual experience and how meditation and other modalities can enhance this capacity; and 6) develop the capacity to create a strong therapeutic relationship by understanding the role of certain brain neurons and entrainment involved in empathy and therapeutic alliance.*

☐ ☐ ☐ P I T

P-Prevention

I-Intervention

T-Treatment



# B Workshops

(Thursday-Friday)

2 day, 8 hour skill-building workshops. Limited space is available.

Please list 1st, 2nd, and 3rd choices.

## B-11 Human Work: You Gotta Do It!

**Bill Hale**

P I T

**TARGETAUDIENCE:** All providers of service delivery working at all levels in substance abuse treatment and prevention programs, schools and other institutions.

This course is designed as an intense exercise in human awareness. In a world where the pace is fast and the bottom line results are demanded, it is easy to fall prey to seeing others and sometimes ourselves as objects to be manipulated. From deep inside us there is a constant murmur that says "I count for more than that!" Using a series of thought-grams and concepts of personal journaling, this course will refresh our spirits toward encouraging the human side of life and work.

*Participants will: 1) develop a life map for analysis; 2) write several journals for exchange; 3) identify significant life shaping events; 4) revisit the early scenes in their lives; 5) understand how they can live with integrity; and 6) understand the concept of "horizontal thinking".*

*This course is a repeat from Monday/Tuesday*

## B-12 Adolescent Chemical Dependency Treatment

**Michael Torch**

I T

**TARGETAUDIENCE:** Counselors interested in the delivery of chemical dependency treatment services to adolescent clients.

This workshop will review current perspectives on this very difficult treatment population. Participants' experiences with the clinically challenging tasks of treating adolescents and their families will be discussed. Effective treatment techniques and approaches will be presented didactically and experientially. Topics will include: developmentally appropriate assessment techniques, biogenetic influences and consequences, neurological functioning and condition progression. Intervention and recovery strategies that are developmentally functional and engaging, combining cognitive behavioral and 12 step approaches, will be discussed.

*Participants will: 1) gain an understanding of the developmental differences between adolescent and adult chemical dependency; 2) identify the neurobiological consequences of adolescent chemical use; 3) gain an understanding of the neurological conditioning that creates cognitive barriers to recovery for this population; and 4) experience some productive activities that are useful with patients and have some fun.*

## B-13 The Essentials of Alcohol Prevention: What You Have to Know to Get Where You Want To Go

**Mistylynn Liberty Day Ruibley**

P I T

**TARGETAUDIENCE:** Prevention

Participants will receive updated information on the prevalence of alcohol use among specific populations including youth, college students, and adult populations and the related consequences to multiple different community systems. Current trends will be reviewed such as the emergence of alcohol energy drinks and binge drinking. Participants will explore factors that contribute to current realities of alcohol use in our communities including alcohol industry use of advertising, media influence, community norms, accessibility of alcohol to youth, and youth alcohol use and brain development. An overview of effective prevention strategies will be provided including environmental strategies such as policy change (i.e. Social Host Ordinance, Responsible Beverage Server Training Ordinance, and Keg Registration). Finally, the training will serve to expand the definition of environmental policy and provide more tools to create positive change by reducing the negative impact of alcohol use in our communities.

*Participants will: 1) gain awareness regarding the extent of alcohol use and abuse in our communities; 2) understand the various consequences related to alcohol use across segments of the community; 3) become familiar with current trends and the specific dangers related to these trends; 4) learn about the factors that influence rates and patterns of alcohol consumption; 4) gain a better understanding of environmental strategies as they relate to alcohol; and 5) consider which strategies will meet the individual needs of their community.*

P I T

P-Prevention

I-Intervention

T-Treatment



# B Workshops

(Thursday-Friday)

2 day, 8 hour skill-building workshops. Limited space is available.  
Please list 1st, 2nd, and 3rd choices.

## B-14 Recovery Dynamics as a Program Tool



**Reggie Ezell**

**TARGETAUDIENCE:** Anyone administering a Social Model Recovery Program, Recovery Kentucky facilities, 1/2 - 3/4 houses, Probation and Parole, any other professional and non-professional seeking insight on practical approach to addiction intervention.

The Practical application of the Recovery Dynamics curriculum into the social model recovery program. This curriculum was created by the Kelly Foundation in Little Rock, Arkansas and has been used by The Healing Place in Louisville, Kentucky, the Hope Center in Lexington, Kentucky and many other agencies in assisting clients in developing a foundation of working the 12 steps of Alcoholics Anonymous. Aspects of this curriculum involve the clients journey from the problem to self diagnosis and self evaluation to self healing.

*Participants will be educated on the practical use of the curriculum: 1) how to track clients progress; 2) skills in facilitating classes; 3) assist clients in tolerating behavior related to addiction; and 4) simply to assist clients to identify the problem and a practical solution.*

## B-15 Understanding the 12-Steps of Recovery



**Mac Bell**

**TARGETAUDIENCE:** Any individuals wanting to gain a professional or personal understanding of the 12-Step recovery process. This would include counselors, technicians, and nurses, as well as administrators and anyone else interested in the 12-Steps.

This workshop will allow people to understand the 12-Steps as they are written and how to use them in the treatment process. This class is somewhat experiential and will allow some open-discussion to enhance the opportunity for learning.

*Participants will be able to: 1) gain a basic understanding of the 12-Step Process; 2) learn the value of each step and how to integrate them into the therapeutic process; 3) learn how to motivate clients through the Steps; 4) experience the value of the 12-Steps in our individual lives; and 5) have some fun and maybe enhance our daily lives.*

## B-16 Using Motivational Interviewing in Group Therapy with Substance Involved Offenders



**Michael Johnson**

**TARGETAUDIENCE:** Beginning and intermediate level practitioners. It is intended for counselors who provide treatment services to offenders in both secure facilities as well as community settings.

Substance Abuse service providers are increasingly expected to adopt and implement "Best Practice" treatment models. Motivational Interviewing is a best practice model with demonstrated success across populations. This workshop will explore methods and techniques for assessing and joining with clients, especially individuals with complex presentations such as substance use, abuse and dependence, criminality and resistance to change. The focus will be on the "how-to" of developing collaborative and participatory treatment strategies. Clinical case examples will be drawn from addiction treatment with adults within the group therapy modality.

*Participants will: 1) understand how denial and resistance are defined, conceptualized, and addressed by the M-I Model; 2) review and explore the connection between the Stages of Change Model and Motivational Interviewing; 3) learn methods to assess peoples' readiness to change and to match their readiness level with techniques to facilitate engagement and retention in treatment; and 4) consider challenges and strategies unique to the group therapy modality.*



P-Prevention

I-Intervention

T-Treatment

# B Workshops

(Thursday-Friday)

2 day, 8 hour skill-building workshops. Limited space is available.

Please list 1st, 2nd, and 3rd choices.

## B-17 Moving Women from Wounded Victims to Warrior Moms

P I T

**Kathleen Mitchell**

TARGET AUDIENCE: All Welcome

Why is it that in addiction treatment Fetal Alcohol Spectrum Disorders (FASD) prevention and education is not a primary goal? Why do so many women relapse after treatment? And how can it be that thousands of women are treated for addictions in centers across the U.S., yet so few are counseled on reproductive health or on the effects of alcohol use on the developing fetus? To prevent future cases of FASD and support individuals with FASD we must focus on prioritizing FASD education, intervention, treatment and prevention of FASD in our addiction treatment centers. Women that have used substances during pregnancy, or are at risk to do so, need this issue prioritized in their treatment planning. This workshop will provide a comprehensive overview of FASD as well as biological and social considerations when treating women and will discuss techniques that are useful in assessing, intervening, and engaging women into recovery. There will be a focus on recidivism in women, with an overview of how prenatal alcohol exposure can be an unexamined source for previous treatment failures. Strategies for counseling, as well as treatment modifications and considerations for clients that may have FASD will be reviewed. Interventions and counseling strategies for women that may have used while pregnant or who have children with FASD will also be presented. Non-traditional methods and ideas for unique women focused groups and activities will be discussed. Materials that are available to teach FASD to clients while in treatment will be reviewed, such as the video: *Recovering Hope*.

*Participants should be able to:* 1) describe behaviors and disorders that are consistent with individuals with FASD; 2) identify techniques for assessing, intervening, and engaging addicted women into the healing process; 3) discuss causal factors of recidivism in women; 4) describe considerations when treating clients with FASD in addiction treatment; and 5) gain motivation to explore innovative and female centered activities to attract and empower women in successful recovery.

## B-18 Utilizing Therapeutic Communities in the KY Dept. of Corrections for Substance Abuse Treatment

I T

**Gwen Holder**

TARGET AUDIENCE: Substance Abuse treatment professional, Corrections professionals, and Mental Health professionals.

This workshop will examine how the KY Department of Corrections uses Therapeutic Communities for substance abuse treatment. We currently have 7 programs in 6 prisons, and 15 programs in 14 jails. We will explore the benefits of this type of program, as well as look at the difference between this program and the more traditional approach. In addition, we will have graduates of some of the programs present to share their experiences from incarceration to re-entry.

*Participants will:* 1) become familiar with what a Therapeutic Community is; 2) contrast TC with traditional treatment models; and 3) participate in interactive discussion with graduates of the DOCTC's.

## B-19 How To Be An Effective Supervisor

P I T

**Mark A. Scureman**

TARGET AUDIENCE: Anyone who is in a supervisory position or aspires to be a supervisor.

Studies show that most people do not quit their job, they quit their supervisor. The reason is not that the supervisor is a bad person, it's simply because the supervisor has never been taught what it takes to be a good supervisor. This workshop discusses the traits of effective supervisors, and gives a strategy supervisors can take to develop the skills that will cause them to be more effective.

*Participants will:* 1) understand the fourteen major differences between being a manager and a leader and why both are important; 2) know the traits of effective supervisors; 3) understand the six "Killer Competencies" and learn how to develop them; 4) learn what it takes to create a culture of teamwork; 5) learn what it takes to be a change agent; 6) understand what motivates people; 7) learn how to establish mutual trust; and 8) learn the power of effective communication.

P I T

P-Prevention

I-Intervention

T-Treatment

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# Robert Straus Award Nominee Form

## 35th Kentucky School of Alcohol and Other Drug Studies

In recognition of Dr. Robert Straus for his career-long commitment to the study of alcoholism, his tenure with the Alcohol and Drug Task Force and his leadership in the substance abuse field in Kentucky, the Kentucky School of Alcohol and Other Drug Studies will present awards for outstanding contribution to substance abuse practice in Kentucky. Nominations will be accepted in the areas of: 1) Prevention; 2) Treatment; 3) Advocacy/Volunteer; and 4) Community Organization/Business.

Nominations may be made by completing this form. Nomination form(s) must be received in the Division of Mental Health & Substance Abuse no later than **June 20, 2008**. Awards will be presented at the Tuesday night Banquet on July 22, 2008.

\_\_\_\_\_  
Name of Nominee

\_\_\_\_\_  
Employer Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Agency/Employer

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Home Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

Category of Nomination: \_\_\_\_ 1) Prevention \_\_\_\_ 2) Treatment \_\_\_\_ 3) Advocacy/Volunteer  
\_\_\_\_ 4) Community Organization/Business

1. Professional training and/or other qualifications for the nominee:

*Continue on back*

2. A brief narrative of the person's history of practice:

3. A brief description of the nominee's primary accomplishments:

Nominated by: \_\_\_\_\_ Phone: \_\_\_\_\_

**Please mail by June 20, 2008 to:**

**KSAODS  
Division of Substance Abuse  
Eastern Kentucky University  
Perkins 351B  
521 Lancaster Avenue  
Richmond, Kentucky 40475**

**Attention: Justina Keathley**

# Scholarship Information Form

## Scholarship Application Deadline June 20, 2008

This form must be filled out if applying for a Scholarship and sent with the Registration/Scholarship Form. Please note that scholarships are for Kentucky residents only. (Please attach additional page(s) if needed.)

***Those receiving scholarships in past years are not eligible.***

1. Name \_\_\_\_\_ E-mail \_\_\_\_\_

Agency \_\_\_\_\_ Phone # \_\_\_\_\_

2. Have you received a Scholarship before? \_\_\_\_\_ Yes \_\_\_\_\_ No

If so, when? \_\_\_\_\_

---

---

3. What is your experience and background? \_\_\_\_\_

---

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---

---

4. How will your attendance at the Kentucky School of Alcohol and Other Drug Studies benefit your community?

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---

5. Why do you need financial assistance to attend to Kentucky School? \_\_\_\_\_

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# Kentucky Adolescent Substance Abuse Consortium

## Scholarship Nomination Form

This scholarship for a full weeks tuition to the 2008 KSAODS will be presented to an individual that is a direct service provider to adolescents in the substance abuse treatment field. This individual should be providing services in Kentucky, and demonstrate a dedication to addressing the needs of adolescents.

Name\_\_\_\_\_

Title\_\_\_\_\_

Place of Employment \_\_\_\_\_

Contact Information\_\_\_\_\_

\_\_\_\_\_

Educational Background and Work Experience\_\_\_\_\_

\_\_\_\_\_

How will your attendance at KY School benefit the adolescents you are working with?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Address questions to Geoff Wilson at 859-268-6487

Complete form by June 8th and mail to:

Geoff Wilson  
KASAC President  
3050 Rio Dosa Drive  
Lexington, KY 40509



# The Kentucky Prevention Network - AN EXCITING NEW OPPORTUNITY!

The Kentucky Prevention Network (KPN) is about people working together to reduce and ultimately eliminate substance abuse in Kentucky. No individual or single group can do this alone, but by working together we can achieve many victories.

KPN supports quality substance abuse prevention efforts through training and education for all members. Network members learn about prevention efforts taking place in communities throughout the state and the many strategies that can be used to effect change in their community. Quarterly meetings allow for sharing and development of new ideas, mentoring, and meeting like-minded people from across the Commonwealth.

*Coming together is a beginning.  
Keeping together is progress.  
Working together is success.*

Henry Ford

Membership is open to any Kentucky resident who is interested in preventing substance abuse. Whether you are a prevention professional, community coalition member, volunteer, or just someone with a personal interest in substance abuse prevention, you are welcome to join KPN.



## Working Together for a Drug-Free Kentucky

If you are interested in alcohol, tobacco and other drug prevention in Kentucky and want to be a part of the Kentucky Prevention Network, please complete the following information. Mail or fax, along with a check for annual dues of \$25, to:

Kentucky Prevention Network  
c/o Adanta Regional Prevention Center  
259 Parkers Mill Road  
Somerset, KY 42501  
606/679-9425  
606/679-3095 Fax

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_



# Agenda & Registration Options

8:45 - 10:00 a.m. Daily  
10:00 - 10:30 a.m.  
10:30 a.m. - 5:00 p.m. Daily  
12:15 - 1:30 p.m.

**PLENARY SESSION**  
**BREAK**  
**WORKSHOPS**  
**LUNCH BREAK**

See topics and speakers on pages 10-12

See topics and speakers on pages 18-42

## Workshop Registration Options

### GENERAL WORKSHOPS

Attendance at school may be from 1 to 5 days, any combination of classes.

Fees are \$375 for the week or \$75 per day

Category	Workshop Description	Days & Hours	Credit Hours*
<b>5-Day</b> <i>Comprehensive Workshop</i>	<b>One subject;</b> <b>23 hours required class time</b> <i>see available <b>CW</b> subjects on page 18</i>	Mon. 5 hrs., Tues. 5 hrs., Wed. 5 hrs., Thurs. 5 hrs., & Fri. 3 hrs.	23
<b>4-Day</b> <i>Comprehensive Workshop</i>	<b>One subject;</b> <b>18 hours required class time</b> <i>see available <b>C</b> subjects on page 18</i>	Mon. 5 hrs., Tues. 5 hrs., Thurs. 5 hrs., & Fri. 3 hrs. <i>Free choice on Wednesday</i>	18
<b>Two-Day Workshops</b> <i>Monday &amp; Tuesday</i>	<b>10 hrs required class time on one subject</b> <i>see available <b>A</b> subjects on pages 20-26</i>	Monday 5 hours Tuesday 5 hours	10
<b>One-Day Workshops</b> <i>Wednesday</i>	<b>5 hrs required class time on one subject</b> <i>see available <b>W</b> subjects on pages 28-34</i>	Wednesday 5 hours	5
<b>1 1/2-Day Workshops</b> <i>Thursday &amp; Friday</i>	<b>8 hrs required class time on one subject</b> <i>see available <b>B</b> subjects on pages 37-42</i>	Thursday 5 hours Friday 3 hours	8
<b>3-Day Workshops</b> <i>Wednesday, Thursday &amp; Friday</i>	<b>13 hrs required class time on subject</b> <i>see available <b>W-F</b> subject on page 35</i>	Wednesday 5 hours Thursday 5 hours Friday 3 hours	13

\* **PLEASE NOTE:** No partial credit will be given. Participants must attend entire workshop and sign **ALL** roster/sign-in sheets to receive any credit hours.





# 2008 Kentucky School of Alcohol and Other Drug Studies Registration Form

Please **TYPE** or **PRINT LEGIBLY**. (information will be used for certificate and nametag)

Submit application to: Justina Keathley, Division of Mental Health & Substance Abuse , KSAODS,  
Eastern Kentucky University, Perkins 351B, 521 Lancaster Ave., Richmond, KY 40475.

(Please check one) ☐ **Regular Registration** ☐ **Scholarship Request**  
(Early Deadline July 7th, 2008) (please include Scholarship Information Form)  
(Deadline June 20, 2008)

**Please list the address where you wish to have information sent.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Agency: \_\_\_\_\_

Work Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

☐ I have special needs for learning aids and/or facility accessibility information. Please identify your special needs to assist us in planning for your special needs.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PAYMENT INFORMATION

**\$375.00 All Week** (\$400.00 after July 7th); **\$75.00 Daily** (\$90.00 after July 7th)

### METHOD OF PAYMENT

- ☐ Personal Check Enclosed (Payable to KSAODS)  
☐ Agency Check Enclosed (Payable to KSAODS)  
☐ Bill Agency  
Contact Person: \_\_\_\_\_  
Phone # \_\_\_\_\_  
Address \_\_\_\_\_  
(letter from supporting agency must accompany  
registration for processing)  
☐ Pay at Registration

### FEES ENCLOSED

Registration Fee ..... \$ \_\_\_\_\_  
Banquet (\$18) ..... \$ \_\_\_\_\_  
CADC Luncheon (\$13) ..... \$ \_\_\_\_\_  
Total Remittance ..... \$ \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*registration continued on next page*

# 2008 Kentucky School of Alcohol and Other Drug Studies Registration Form Continued

**NURSES ONLY:** Please Fill Out the following information License# \_\_\_\_\_ RN\_\_\_\_ LPN\_\_\_\_

**MEALS:** Due to space limitations at meal functions, reservations are necessary. Tickets for those meal functions checked will be in your registration packet. Please check if you plan to participate.

**Tuesday Banquet (\$18)**      yes \_\_\_\_\_ no \_\_\_\_\_

**CADC Luncheon (\$13)**      yes \_\_\_\_\_ no \_\_\_\_\_

**Wednesday Barbecue(Free)**      yes \_\_\_\_\_ no \_\_\_\_\_

## COURSE SELECTION

### MULTIPLE WORKSHOP OPTIONS

Enter Workshop Number & Letter  
by 1st, 2nd or 3rd choice

*You may register for a **One day**(Wednesday), **Two days** (Monday, Tuesday) **or** (Thursday, Friday),  
**Three days** (Monday, Tuesday) & ( Wednesday) **or** (**Wednesday**) & (Thursday, Friday) **or** (W-F selection)  
**Four days** ( Monday, Tuesday) & (Thursday, Friday) **or** ( C-1), **Five Days** (Monday thru Friday) **or**(CW).*

Please note selection in appropriate space below.

Please list a 2nd and 3rd choice.

CW - Workshops (Monday, Tuesday, Wednesday, Thursday & Friday)

23 hours      1st \_\_\_\_\_

**OR**

C - Workshops (Monday, Tuesday, Thursday & Friday)

18 hours      1st \_\_\_\_\_

**OR**

A - Workshops (Monday & Tuesday)

10 hours      1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_

W - Workshops (Wednesday)

5 hours      1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_

\*W-F Workshops (Wednesday-Friday)

13 hours      1st \_\_\_\_\_ 2nd \_\_\_\_\_

B - Workshops (Thursday & Friday)

8 hours      1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_



Department for Mental Health and Mental Retardation Services  
Eastern Kentucky University  
351B Perkins Bldg.  
521 Lancaster Avenue  
Richmond, KY 40475

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